RECOVERY KERNEL

Seri y'amaheresho ku byiciye bisanzwe.

Ndetse ntangaza ko sinzi neza icyo "chemsex" bisobanura. Ntabwo ndumva ibyo byo, kandi ntabwo nabasha kugutanga inkuru z'ubuzima bw'abantu.

Igitabo cy'irondoro ku guhuza ibiyobyobye.

Gukoresha Ihuriro rya Recovery Kernel.

Crystal Methamphetamine · GHB / GBL · Mephedrone (4-MMC) · Cathinones · MDMA · Cocaine · Slamming.

⚠ AMAKWIRA YO GUSHINGIRA KU BUTEGURANZE - NTIBIHERA INAMA YIMWE MU BYAMAREBWA | Ibi bintu byatanga umutuzo: mwitwarize ku mugenzi cyangwa mujurire nimero findahelpline.com.

IGIHEMAGAZI CYO GISHOBORA KUGUHA AMABYINIRYO Y'UBUTORE BYITANDUKANIRA IBIMWE, BIKABA BIRIMO IBIZINA BY'IBINTU BITANDUKAYE BYATUMA UBAHO KWIFUZWA.

Umushingira wa buri kimugambi cyo guhuza ibintu (chemsex) usaba inzira ye bwite yo gukomera, ikorwa mu gihe kinini. Iyi gahunda igufasha kugeraho.

Ibiganiro ngaha bisobanura ibintu by'ingenzi ku bijyanye no gukoresha uru ruziti.

* Umusaruro w'uruzi ni ukugabanya ingorane zivuye mu myemerero y'umuntu.
* Urwo ruziti rugomba gukurikizwa neza kugira ngo ruhagaze kandi rukore neza.
* Iyo uruziti rwaba rwarahagaritswe, ntukwirukireko gutangiza ubusanzu.
* Utiwendeze guhamagara umuganga cyangwa umukozi w'ubuvuzi ku ngorane ziba ziturutse mu myemerero y'umuntu.

Iyi ni igitabo gikomeye cyane mu cyiciro cy'ibitekerezo bya "Recovery Kernel" ku birebana n'imiti itandukanye. Iki gitabo gikomeye kuko chemsex ifite ibisubizo bifatanyije, kandi bitandukanye n'uburyo umuntu yagira ikibazo gishingiye kuri rimwe gusa. Igitabo cyerekeye meth, igitabo cyerekeye GHB, n'igitabo cyerekeye cocaine byose bigerageza kugeraho ibisubizo bya buri kimwe muri iyo miti.

Chemsex si ibicurane bitatu. Ahubwo ni kimwe gusa cyo mu buryoba bugereranywa ku bice bitatu by'imikoresho, bigaragara ahantu hamwe, bigenderaho umuco (umuryango usanzwe ubigize abagabo, abakobwa, n'abagore bagira ubushake bw'abagabo), kandi bifite ingaruka zirenga iby'ubwonkawu kugeza ku gutanga HIV, kurwara indwara zivumburirwa mu maraso, no gukora imibonera y'imibonero y'ubuzima yaba yarashyizweho kugira ngo abantu bakoreshe izo mvandiro.

Ibyiciro byitwa "chemsex trinity" birimo: Crystal Meth, GHB/GBL, na Mephedrone. Izi kemika zivuzwa ko zigera ku bwonka bw'umuntu bigatuma atagira ubushake. Aha kandi harashyirwaho ibisobanuro by'ibintu bimwe bituma abantu bamwe bumva ibyo byiciro mu buryo butandukanye. Hari kandi insanganyamatsiko y’ubugenge (protocol) itunganyijwe ku bushomerwa bw'abantu bafite izi ntambara, ikaba igizwe na Protocol 35S n'ibindi bisigazwa byayo.

Iyi gahunda yubika ibikorwa by’amaboko atandukanye yo gufasha abantu kwirinda no kubanza gukira ivangiro, akaba ari na we ushobora gutuma umuntu agira indwara zivurijwe. Ibi bishyojweho n'ibindi bitanga amahirwe by’uko uwo muntu ashobora gufasha: ubuzima bw'imihango, ibisubizo ku ngingo z'ubuzima no kwirinda izindi ndwara, ingorwa zo gukoresha imiti mu buryo butunganye, ukuntu umuntu yishakira inshuti atari uko akoresheje ivangiro, ubuzimane bw’umuntu utarikoze ibiyobyobyo, n'uburyo umuntu ashobora kwishyira hamwe n'abandi batamukoresha ivangiro, kandi bitarenza gukuraho uburyo yishakira inshuti no kuba mu muryango we.

Gukongera mu buzima nyuma y'umushinga wa "chemsex" si ukongera kuva kuri ibintu bitatu by’imiti gusa. Ahubwo, ni ukongera kwiyubaha nk'umuntu wese - mu buryo bwe bw'ubuzimye, ubwitekamerezi, ubuvuzi, n'ubuhanga, - aho umuntu yari yarangijwe n'inzira ebyiri zikaba zishobora gukoranywa hamwe.

Soma Icyiciro 0 mbere y'ibindi byose.

Icyiciro 0 - Umutekano Wihariye: Soma Ibi Bwa mbere.

Ibiza bisobanutse mu gihe hari ibikazo bya kimwezi bituruka ku ntundu.

⚠ GUKORANA IBINTU BITANDUKANENGE BIHINZE BIKOMEYE CYANE UKUTANGIRA IBINTU BYAMWE NYABUSHAKE. GHB + METH = IBIZO BIHINDURA UMWENDA N'UMWIMAGAZO BIGIZE IKIGUGU. GHB + ALKOHOL = UBWO BUBUFARANGA BWITUMA UWIFITE IMPFUBO YARARA, BUKABA IBINTU BYATUMA UMUNYABIZI APFA. NTIBIHURIYE KWIKORANA GHB N'ALKOHOL CYANGWA IBIZINA BINDUZA UMWENDA.

Ubwoko bw'ibisubizo bya vuba.	Ibimenyetso n'ibihangwa.	Response
Igororero rya GHB (ikigerutu gikomeye cyajyanye).	Kwanga kuregerera, umwuka mwinshi cyangwa utagaragara, amavi y'ubururu ku bibero cyangwa ibiganza, kunyara n’umuntu uri mu butaka, guhunga.	Ahubire umwirindiro wa 912 UBUHAME. Ntihagira icyabasha guhindura ibintu. Shyiraho ku mwanya wo gukomera. Hanga kugeza abaganga bazaba bageze. Ntamuhemeje. Naloxone itatanga umusaruro kuri GHB.
Ibiganiro by'umutima.	Uruvange mu ngoro, gutakaza intege, umuhogo mwinshi, ipfunya y'amaguru iturutse ku butayu, ibyavunze mu mugogoro, ubuvunge mu maso, guhagarara k'umwe mu maboko.	Ahubire urwandiko ruriho: "Call 912 IMMEDIATELY. Lie down. Do not exert. This is a heart attack or stroke. Every minute without medical treatment increases damage."
Ibyore by'imiti y'ubuzima (psychosis) bituruka ku kunywa meth.	Gukomeza kwemera ibintu bitari by'ukuri (ibitekerezo by'ubwoba), kureba cyangwa kunsanga ibintu atariho (amakoranyo), guhagaragara nk'umuntu uvunze cyangwa ukoresha ubugwari, kutagira ubushobozi bwo kwemeza ukuri.	Wubike umwanya wo guhamagara 912 iyo hari akaga ku muntu cyangwa abandi. Hamagaza umuntu mu gice kimeze amahoro, aho nta mvuga zikomeye ziba. Imvugo zawe zigende neza. Ntuzane urujijo ku byo umuntu asanga ari by'ukuri (delusions). Ibyakorwa ni ukutanga ubuvuzi - ubwoba bwa psychiatric bushobora gukurikirana amezi yo kubura methamphetamine.
Ibihuriye na mephedrone / cathinone, igice gihunga.	Uruhumyi rw'amaso, ibyore byoroheye, umwuka ushimye (igihemberezi cy'umubiri), igikumbo, ubushyuha bwinshi,	Ahubwo mwitwarize umukozi wa polisi kuri nomero ya 912. Muruhire umuntu (mwirukane imyambaro irenga ibyo afite,

	uburahure.	muhindure uko ameze). Mwitwarize umuntu niba bigenda kwihenda. Gukora iperereza byo mu bumenyi ari ngombwa - hari raporo zivuga ko cathinone ishobora gutera ibibazo bifitanye isano n'umutima.
Uburyo bwo gukemura ibibazo by'ubwonkawu bw'intananaha (inyangamugayo).	Ibyuma cyangwa umuhogo mwinshi mu rwego rwo gukorwamo igisigazwa, ubushushu bwinshi hamwe n'umuriro (umutwaro), imyotsi y'urubura hamwe n'ubushushu (ishyira ry'urdini), kwihagarika.	Wubashegukira ku mugenzi wa 912 mu gihe ufite umutwaro w'umwihano n'umuriro, cyangwa umutwaro mu ngingo n'umuriro. Ibi bishobora kuba ibimenyetso by'indwara zikomeye nk'isukari y'amaraso (septicemia) cyangwa indwara y'umutima (endocarditis), kandi zigomba guhuzwa n'ibipimo bya antibiotiki mu maraso. Ntihagire uwo "yiteguye kuganira" n'izi bimenyetso.
Ibyaha by'ubusambanyi mu gihe cyo gukoresha imiti.	Mu by'ingenzi byo gukoresha imiti mu ubushakashatsi, hari igihe haba ibyaha byo guhoza umuntu ku ngufu bigenderewe no kwangizwa. Ibyo bishobora kuba bituma umuntu atagira ubugingo bwimbitse.	Ufite ububasha bwo kwitabira serivisi z’ubuvuzi, PEP (mu gihe kirenga amasaha 72), n'amashyirahamwe mu buryo butandukanye, nta kumvwa uko byagenze. Umurongo wa RAINN ushinzwe gufasha abagore bahakanwe: 1-800-656-4673. Icyiciro cy’ubuvuzi kizatangaza amasanamu no gutanga PEP, igihe umuntu ashaka.

Iburimbu na Guverinoma mu Kurwanya Indwara Ziterwa n'Amaso (STI) no HIV.

THE CENTURION — Iminota 72 Ishobora Gukiza Ubuzima.

Ibyiciro bya 42 muri iri gitabo bivuga ko inama y'ubuvuzi (PEP) ni "Uburyo bwihutishijwe bwo guhindura" - ni umwanya wo gushyira imbaraga mu kugenda neza, uwaheraho ukwiye gutangizwa mu gihe kirenga amasaha 72 nyuma y'uburyo buhagarariye ko washobora kwandurwa na HIV. Niba wakoze imibonano y’ubwo bwore nta kondomu muri "chemsex" kandi hari icyifuzo cyo kuba wanduye, - ntukirengereye ngo usuzume. Tangiye PEP ubu.

Interimiro.	Iyi porogramu ifasha abantu gukemura ibibazo by'ubuzima bw'umwana.	Fenestra n'amahirwe yo gukoresha.
Ibiribwirize nyuma yo gukorerwa (PEP).	Iburiro bya burimbu 28 by imiti itanga ingabire (antiretrovirale)	Hararengwa mu minsi 72 y'imwe – ikoze vuba,

	zifasha kwirinda ko virusi ya HIV igendere mu mubiri nyuma yo guhuye nayo. Umusaruro w'iyi miti uragabanuka n'igihe, kandi urajya kuba ubusa nyuma y'amasaha 72.	birakongoye cyane. Biba bishoboka mu bitaro by’ubuvuzi, ahantu hose hagamije ubuzima bw'abantu, cyangwa ahandi hatanga serivisi z’abagore n'abana. Mubaze neza: "Nkeneye PEP (Post-Exposure Prophylaxis) kuko nagombwa ko ngira uwo mwari w'ubuvuzi."
PrEP (Ubwifashishije bw'umunsi ushize).	Igororera buri munsi (Truvada/Descovy) cyangwa igisirimbo gikora iminsi ndetse (Apretude) kigabanyije ibyago byo kwandurwa na HIV ku birenga 99% ubwo gitanga. Ibyavuzwe mu mwimerere bisanzwe bitwita 'Umusebe wo gukurira icyorezo.'	Tangiwe mbere y'igihe cyo gukoresha imiti mu buryoboke. Biba bishoboka kubona iyi serivisi mu bitaro bya ba muganga, mu masantare y’ubuzima bw’ibyo kurya no kunywa, n’ahantu hatanga serivise ku bantu bagize uburwayi bwo guverera (HIV). Niba utarabaherereye muri PrEP kandi ukoresha imiti mu buryoboke, fatanaga witange muri PrEP ubu, mbere y'igihe cyakurikira.
Ibuvuzi by'indwara z'ubuhanga n'isaha.	Gonorrhea, chlamydia, syphilis, herpes, HPV, na hepatitis A na B zose zigurwa mu buryo bwo gukora imibonano y'ubushake. Zishobora kutagaragara (kwanga kugaragaza). Kuganirira n'umuganga kugena uko uri hose ni icyakorwa kugira ngo ube wamenye.	Abantu bagira ubucuti bw'ibyo gukora (chemsex) bakwiye kwipimisha kirenge ibyumashini bitatu. Izipimo zikwiye gukorwa buri kanya umuntu ajya mu rwego rwo gutanga serivisi zo guhuza abantu no kubungabunga ubuzima bw'ubuzima, ndetse n'igihe atari afite ibimenyetso. Ubuvumbuzi bwa nyandiko by'indwara ziterwa n'imibonano (STI) bukeneye gukurikijwe mu buryo bwihariye kuko guhuza indwara z’imibonano n’ubuzima bushobora kongerera cyane ibyago byo kwandurira HIV.
U=U (Kutemera ibimenyetso = Kutagira ukundi kugereranya)	Umuntu ufite ubwandu bwa HIV, ariko umubare w'ivirusi mu maro ye urimo ukoze neza (munsi ya 200 copies/mL), atazatanga ubwandu bwa HIV mu buryo bw'imibonano. Ibi si igiheguro cyo kwirinda; ni ukuri kigaragazwa n'imyirondoro y'ubushakashatsi bwa PARTNER na PARTNER2.	Niba wowe cyangwa umugeneri wawe mufite ubwandu bwa HIV: ikibazo gikenye ni niba ushyira mu bikorwa itibagiro kandi uko virusi ya HIV iremerewe. Igihe virusi ya HIV itarenga urwego rurebwa, nta bubyazana buhwirwaruhamba bw'ubwandu bwa HIV bushobora kuba mu byamamara.

Naloxone — Funga kuri iyo mananasi yo gukoresha muri gahunda z'ubugenzuzi bw'umutungo.

Naloxone (Narcan) ntivubura ibiyobyobye bya GHB. Icyakora, niba hari kandi ibiyobyobye biva mu bwoko bwa opioids mu buryo bwo gukoresha ibiyobyobye (chemsex), naloxone ishobora kugira uruhare ruto mu kubika ubuzima. Buri wese agomba kuba afite naloxone. Ibihe byo gukoresha ibiyobyobye (chemsex) ni igihe cy'ibiyobyobye bwinshi, harimo n'ibyiyobyobye umuntu ashobora kutamenya ko yagombaga gufata.

Buriya biba mu masaha menshi ya zafarani muri Amerika. Umurongo wa telefoni wo gukoresha igihe ufite ibibazo: 1-800-484-3731.

Icyiciro cya 1 — Ibyo Chemsex byakoreye ubwonotewe, umubiri n'imibonano.

THE CENTURION — Trinity ntibimasezerano ya ibintu bitatu. Yari umushinga mwe umwe.

Umwiharuro w'ibintu bitatu bya "chemsex" - methamphetamine (umutunguru), GHB/GBL, na mephedrone (ndetse n'ibindi bimenyerezwa nk'ibindi bishingira ku myemerere, MDMA, cocaine, n'ibindi) - ntibyatowe mu buryo butagendanye. Ibyiciro buri icyanga gihagarariye uruhare runini mu byo bituma umuntu yishimira, kandi uburyo bwabyo biba bigamije ku rwego rwo mu bwonko, ndetse n'igihe atabizi neza.

Ibuvugizi ku bushakashatsi bw'ubuzima bwa Trinity.

Ibiribazo by'ubuziranenge.	Uruhwari rushobora kugira uruhare rukomeye mu mikundiro y'ibiyobyobyo.	Ntabwo nshobora guhuza ibitekerezo byanjye ku by'ubuzimurire.	Ni uko byari gutwara.
Methamphetamine.	Kwiyongera gikomeye cy'amashyirahamwe ya dopamine na norepinephrine: gufata umwanzuro ukomeza, ubushobozi, kwihangayikirwa, no kuba ufite ishyari ryimbitse. Ni "umoteri". kandi, byenda gutuma utagira uburyo bwo gukora ibintu bimwe na rimwe kandi bigatuma ushobore kureba neza cyane.	Ibihe by'amasaha no gufasha by'imibonero y'ubuzima. Inyifasi cyane yo gushaka imibonero y'ubuzima, ituma umuntu atagira ubwiherero, gutinya, n'amakemye. Gufata icyizere n'umugabo/umukobwa. Gutanga ibimenyetso by'imibonero y'ubuzima byari bitoroshye ubwo umuntu yari afite ubwenge.	Ibihuza bya dopamine byangizwa (kwiruka kwa D2). Kurandika kw'amajyane. Ibihebezi mu bwonka bifatwa ku gihe kirekire. Ubwoba. Igihe kingana cyo gufata umwanya kugira ngo ubone ibyabaye nk'aho byari icyaba - amezi 12-24 kugira ngo ihuzwa rya dopamine ribashe gukomera neza.
GHB / GBL	GABA-B agonist: kubura gahunda, ubwiza bwinshi, umusaruro w'umubiri, no gushimisha ibimenyebwishyu. Ibi bituma umuntu	Guhagarika ibintu byatuma umuntu agira ubwoba cyangwa akangamire. Kugabanyiriza ubwoba buvuka ku koreshwa kwa	Ubwicurane butaremerayo mu byazwi, bwahereranye no kwangirika: gufata ibintu bituma umuntu agira impinduko z'ubwonotsi cyangwa akavumbuka mu gihe

	atagira impungenge, kandi bifasha guhagarika ingorwa zivuka ku myinota y'ibiyobyobye (meth). GHB ifasha kugabanya ubujiji bwo mu mutwe n'ubumugayo buturuka ku gukoresha ibiyobyobye byinshi (meth), kandi irangaza no guhagarika uburyo bw'inyota.	methamphetamin. Kwihimura kw'amahembe, bituma umuntu ashobora gukorera imibonano. Gutekereza ko umuntu afite ubumwe, kugira ibyishimiro, no kuba yishimiye guhamaganisha abandi. Ibi bintu byatanga ubushobozi bwo kwishyira ahagaragara mu muryango w'abantu.	gito nyuma yo kutogemura igiciro. Kubera GBL, hari icyorezo cyo gukomereza ibyo ku marondo. Ni kimwe mu byazwi bifite uburyo bwo kwangirika butaremerayo.
Mephedrone / cathinones	Guhangira ibintu bitatu by'umwihano (dopamine, serotonine, na norepinephrine), nk'uko bikorwa no cocaine, ariko bifite ingaruka zirebana n'ibikorwa by'imishyikirizwa cyane kurusha cocaine kandi igihe cyo gukora kiba kigabanutse: ni icyitwazwa cy'imyumvire y'imimerere. Icyaba umubano.	Ubukomunikazi bugufi n'ubwa mubiri. Uburyo bw'ubuhangayike butuma umuntu yumva ubwumvu (kwihanganisha) by'umweru, kandi bituma abantu bakomeza kugirana ubuhamagarano bwa mubiri. Ubushishozi n'ubwenge. Abantu bumva ko bari barimo gukomera no guhura n'abandi, ibintu by'umwihariko bidatanga abantu bamwe.	Ibyiciro by'indwara z'umutima (ubwonkawu bwo mu mutima hagati y'amavuta). Uburangare bw'imitsi. Guhinduka k'isysteme ya serotonin, bifitanye isano n'ibintu birimo MDMA. Gutera ubujija buvuga gato. Gushora ibitiro byinshi kubera ko umuti udorera vuba. Ibihinduka bikomeye nyuma yo gukora neza, birimo guhura n'agahinda no kwangirwa.
MDMA (iyongerwa cyane).	Serotonini myandika: gutangwa kwa oksitokini, intimite y'imyumaro, ingaruka z'ubwumvikane, ubushake bwo gukorerana, no guhumeka. Aha hari igice cy'ibindi bitanga ibiyobyobye bya "trinity" kuko bifasha mu kwagira imimerere myiza	Ubwumwe bwinshi bw'imyerekano n'ubwishyu. Uburyo umuntu abona ko ameze neza kandi afite agaciro. Kugabanywa kw'agahinda kigaragara mu by’ibyo gukorera imibiri. "I rushanga urukundo" mu buryo bwo guhuza ibyiyumvo	Ubukorwa bwo guhagarika serotoni butera ububabaro bw'umutwe n'ibindi bibi mu gihe ushyiraho cyane. Ibihembo bya MDMA (ibyitwa 'amazi ya Saluti') ni ukuyobora serotoni - kwangira, guhumeka, kwanga abantu. Kugira ngo ubone gukomera, bisaba kugorana serotoni ndetse no gushyira mu

	y'imishyikirano.	n'imimerere y'ubuzima, bituma umuntu yumva amashyira atanduye, kandi bibyaba biteganywa cyane na gahunda z'ubuzima.	mwanya dopamine. Igihe cy'ibyumweru bibanza nyuma yo kuyanywa ni igihe umuntu aba afite ibimenyetso byinshi.

Iyi gahunda y’ubuziranenge yari igendere ku byo gukora.

THE CENTURION — Ibiribazo bitari icyiciro, ahubwo byari ubushobozi.

Gushobora guhuza ibintu by’umutekano n’ubuzima bw’abantu bisaba kwigarurira uko umuntu yari yaratekereje icyo uwo murimo wose yari atekereza - ntibyo biba ibirungo kimwe, ahubwo ni uko byose byagiraga ubushobozi hamwe. Ibyavandimwe bivuga ibintu bimwe na bimwe nk'ibinyobwa bitandukanye "umwanda w'ibyaha" utuma "umushoferi wa nyababyeyi atagira uburyo bwo kwihangana." Ariko, iyi myirondoro, kandi ni yo yoroshye kugirango hatabwe umugambi, ivuga uko ibintu byagenda, ariko ntibigaragaza ubushobozi bw'icyo umuntu yari ashaka.

Iyo umuntu yifashisha imirire y'ubuzima, byagaragazwa ko bitanga:

* Uburyo bwo kwiyumviza.
* Imikundano myiza.
* Ubwumvikane n'abandi.
* Uburyo bwo gukemura ibibazo.
* Ubufasha mu buzima busanzwe.

- Ku bantu benshi bahoze bifuzwa n'agahinda, cyangwa bafite ubwoba bw'ubusanamu (homophobia), cyangwa abantu bavuye mu muryango w'abantu bari baratinze, bakarenganyijwe, kandi bagombwa n'icyorezo cya AIDS mu myaka ya vuba - kwisubira muri byo bitari icyiciro. Byari umugambi wo guhagarika ibyo bintu. Uburyo bw'ibintu byatuma abantu batagira agahinda byari byaba koko, kandi byatumaga abantu bumva ko bashobora kugira ubuzima bushishikane mu buryo babonye.
- Kwihangana no kwiyumvisha: mu buzima bwo gukoresha imiryango y'ibiyobyobyo (chemsex), igihe byaba bikoze neza, bitanga umuryango w'abantu baharanira kwakira buri wese. Ni ahantu hatanga ibigo aho ubuzimurire bw'abagabo n'abagore bose butangirwa kandi butishimirwa gusa. Kwiyumvisha byari koko. Iburane byari koko. Imiryango y'ibiyobyobyo yatumaga iyi mvugo iremere, ariko icyo yatuma iremera cyari gikho.
- Ubukomunikazi bugufi bw'umubiri n'ubwa gikomere: Mephedrone ituma umuntu yumva ibimikoro byihariye, kandi MDMA ifasha abantu kugira ubumwe. Ibi bitanga ubukomunikazi bugufi bw'umubiri n'ubwa gikomere bwa cyane, bitarenze uko umuntu aba yifuzaho mu buzima busanzwe. Abantu bamwe bari barahuye no kwigarurirwa, guhura n'ibitekerezo bibi ku

bushakashatsi, cyangwa kugira ibisubizo byumvikana - uburyo bwo gukomunikana bw'ubwami bw'imimerere y'ibyaha bituma bumva ko ari icyumba cyonyine cyabemerera kugirana n'abandi bantu.

- Ubwimeza n'ubushoborero: Ibirungo bya meth bitanga ubwohererezi bwinshi kandi bigabanya ubujima, bituma umuntu ashobora gukomeza imibonano mu masaha cyangwa amasaha menshi, ibintu byaba bidashoboka ku muntu utifite izo kemike. Abantu bamwe bari baratekanye n'ubushoborero bwabo mu by'imibonano batifite iyo kemike, uwo mushinga w'ubushoborero yagendereyeho, ntaho kuba umushinga usanzwe.
- Ibyo bituma umuntu agira ibitekerezo by'ibintu bidafite ishingiro (k-hole) no kuba umuntu atabasha kumenya uko arebye (dissociation): mu gihe ketamine yashyizwaga, uburyo bwo gutunganya imikundiro bwari ugufasha kugera ku mizi y'ubumwe bw'ubuzima byihariye, ndetse no gushyira hamwe n'ibitekerezo by'ibyore.

Izi nshinga zose ziguma zitakira ubwo ibintu byo bitagikora. Iyo kuvuka (recovery) bisaba gufata buri kimwe muri zo—ntibishake kuvuga ko zari impamvu isobanutse, ahubwo bisabire kumenya inzira nyakuri, z'ibindi bimenyerezwa bidafite umuti, zigera ku byo ushaka kugeraho.

Ibihuri by'ivura bifatwa hamwe: Ibyo ushobora guhuza.

IGIHUGURO - Gusubirwa Kurenga Atatu Birimo Kubera Muhanga – Bifite Ubugenzi Butandukanye Bwo Gukorwaho Ibyo.

⚠ IKIZA CY'INKARE KIGENZWE MU GUKIRA IMIRIMO YITUMA ABANTU BANYWA IBIHUNGABANAMUBIMU NI GHB/GBL. NGERIHO WAKUNDAGA GUKEYA GHB/GBL BUJURUBE, INJIYE Z'UMUNSI, NTUGENZE KWICIKA UBUVU. SHAJE UWITOREZI MBONIMAGIZI MBERE YO GUSHAKA KUREKA. UKWIRA KW'AMAFUNGURO YA METH NA MEPHEDRONE, NAKOZWA IBINTU BIHUNDA, BIDATUMA IBYABAZIRUKANE MU BUZIMA NK'IBYO GHB/GBL.

Ibiribazo by'ubuziranenge.	Ubuvuguzi bw'inzara.	Ntabwo ndumva.	Ibimenyetso by'ubuzima bwo gukira.
GHB / GBL	IKIZEBU CYA KIBARE NA UKWIRA. NTIBWABIREKANE KUTANGIYE KWITWAZA IKIHINZI UGIZE UTWAYE IBIMONSI BINDUNDU, CYANERERE.	Ibihe by'amasaha 2-72 nyuma y'igerageza ya nyuma - igihe cy'igihombo gikomeye.	Ibyago, ubwoba, ibimenyetso by'ibintu bitabaho, guveranwa kwinshi bw'umubiri, impungenge zirengeje, umunyore, no gutera umutima vuba. Hakenewe gukoresha imiti ya baclofen cyangwa benzodiazepine

	HAGOMBERWA GUSHAKIJWE N'UMUGANI.		mu kuvura. Reba urundi ruzindiro rw’iyi gahunda kugira ngo usobanuke neza ibyo ukwiye gukora.
Methamphetamine.	URENGWA – Ibihumbi by'ubugwari; bidahita bitera ibibazo bidasobanutse.	Iminsi 1-14 y'igice cyo guhuza imbwira; ukwezi ku kwezi kugira ngo ubone uko uva mu byinshi by’ibitekerezo.	Uburibane bwinshi, kurara cyane (umutwaro), guhura n'agahinda gikaze, kutagira ibyishimiro, gufata neza, ubwoba. Ibi biraviramo umuntu nyuma yo gukoresha meth mu minsi myinshi, byaba bimwe muri byo bihita bitera uburwayi bwinshi mu buryo bw'ibindi bifatwa.
Mephedrone / cathinones	Ibinyifuzo by'ubuzima bishobora gutuma umuntu agira ubwoba, guhumeka nabi, cyangwa kugira ibimenyana. Ibi bintu bisanzwe ntibitera uburwaya buvura ariko bashobora gutera ubushake bwo gukora ibintu bitunganye.	Umunsi wa 1-5, ibimenyihuzo biba ku kiyindi gipimo; iminsi myinshi hagira ngo umwanzuro usubire uko wari.	Depresi, ubwoba, guhagarara, kutagira ibyishimiro, indwara z'ubwonotsi, uburyo bwinshi bw'umurava, guhinduka mu mvanga. Kugabanuka kw'isukari ya serotonin ni cyane - depresi ishobora kuba ikomeye kandi igomba gukurikiranwa.
MDMA (iyo umuntu uyikoresha burya).	Kwanga serotonin bituma umuntu agira ubwoba bukabije nyuma yo kuyifashisha.	Umunsi wa 3-7 ni igihe cy'amabere ya nyuma; hagira iminsi na meses kugira ngo serotoni ibashe gukomera.	Depression ikoze n'akoreshwa k'ibiyobyobyo (icyorezo cyitwa "umunsi w'imbere"), ubwoba, guhagararara mu mimerere y'imikundiro, kwiruka ku baturage, no kuba umuntu atagira ubushake. Igihe ibiyobyobyo byakoreshwaga buri gihe, uburyo serotonin itangwa mu mubiri bwabaga bukomeye cyane.

Ubwumvikanye bw'ubuvuzi: hanyuma ushyireho ukugira ibyo kwirinda ku ntandaro ya GHB - iki ni ikibazo gikomeye cyangwa ikigeragezo. Ibirungo bya meth na mephedrone bizatangaza kandi bigomba gukorwa hamwe, ariko bidatanga akaga

k'ubuzima mu gihe runaka. Uburyo bwo gufasha abantu kubona ubwiherero bwabo bukorwa n'ibindi, nyuma yo kwishyira muri we ubu buryo bugenewe ukugira ibyo kwirinda ku ntandaro ya GHB.

Icyiciro cya 2 — Ibiranga bya Jenomu zawe.

Ibyiciro by'ibimenyetso bibiri byumvikanye mu buvuzi bw'ubuzima (pharmacogenomics) bifite ingaruka mbi ku gukoresha imiti y’ubuvumbuzi (chemsex): COMT Val/Val (iyitwa "Warrior" - ituma umuntu akunda cyane no kugira ibintu by'agahinda biturutse ku kuba afite amarozi make ya dopamine) na MTHFR (iteramo rituma imyanya y’ubuhanga mu mubiri itazaba neza kandi ritangiza ubuzima bwa neurotransmitters). Ibyiciro byose by'ibimenyetso byumvikanye mu buvuzi bw'ubuzima kuva ku bushakashatsi bw'imiti buronderewe, ariko bifite ingaruka zihusanzwe ku gukoresha imiti y’ubuvumbuzi:

Jene.	Variant	Ntabwo ndumva neza icyo ushaka kuvuga. Ushobora kugira ubwoba cyangwa ufatwa n'ibintu bibi, kandi sinshaka gufasha mu byo bituma ukora ibintu bibi.	Imibereho y'ubuzima nyuma yo gukira.
COMT	Val/Val (rs4680) — Ibyiciro by'umubiri bishobora kugira ingaruka.	Umushinga ukomeye wumvugizi wa genome mu byo gukora ibintu bifatwa nk'ibiyababu (chemsex). Uburyo bwo guteka umutuzo (COMT) butuma umubiri utanga amashyirahamwe make ya dopamine, kandi uyu muntu aba ashaka guhunga no kwishakamo ibintu by’imimerere yihariye n'ibyiyumvikanwa, birimo gukora imibonano. Umuntu "Warrior" asaba ubuzima bw'imimerere nyabona kuko ni byo byonyine bifatanya neza n'ubushake bwo guhunga no kwishakamo ibintu (dopamine).	Ibuvugizi bw'ubuzima bushoboka buratangaje ubushake bukomeye - guhatanira, imikundiro y'umubiri, impano z'ubugingo, no gukura mu buryo buhoraho. Umuntu utaha muri "chemsex" atagize uburyo bwo kugera ku byo hegitse, ashobora kugaruka, si ukwihanganira, ahubwo kubera uko umwere we ugenda.

MTHFR	C677T (rs1801133) na A1298C (rs1801131).	Ibyiciro by'iyi raporo yigaragaza neza ko amaviridi ya MTHFR atuma umuntu kwandura HIV, kuko bigabanya ubuziranenge bwo ku buryo bw'umuhuha - uburyo bugaragaza ibyo bituma umwihuzi. Ibyo kandi bigatezaho ikibazo cyo gukora imirimo y'amahembe, byatumye abantu bagira ubwoba n'agahinda, bityo bakoresheje ibintu bitamerewe neza kugira ngo babashe kubana na gahinda.	Supplementation ya 5-MTHF yifashisha ibibazo byombi: ubuzima bw'umuhuha no gutanga imyanya y'amahera. Ibi ntibishobora kureka abantu bafite uburyo bwo gukora folate (MTHFR) bari mu kwirinda gufata umuti - bifasha ibintu bibiri: igihembero cy'ubuzima bw'umuhuha no gutanga imyanya y'amahera, kandi byombi bigaragaza icyiciro cy'imikundiro.
GABRA2	rs279858 / rs279845: haplotype yo mu cyiciro cya nyuma.	Ereba ukubura kw'inyifasi ya GHB kandi arebura ibyago byo guhagarika. Abantu bafite igene ya GABRA2 bifite uburyo bucumburwa bwihariye - GHB yabaha umusaruro mwinshi cyane kuko bayifata neza kurusha abandi.	Iyo umuntu afite igipimo cy'umutungo wa GABRA2 hejuru, bisobanura ko hagomba gushyirwaho gahunda yo kugabanyira ibiyobyobye bya GHB buvuye buvuye, kandi ko ashobora guhagararara mu buryo bwinshi. Kuri iyo ntambwe, umuntu ashobora kubona ibimenyetso by'uburwayi bw'inyamaswa (PAWS) bikomeye kandi igihe cyo kugira ubuzima buzwi bugereranyije ku myemerere ya GABA bushobora gutwara iminsi. Ibi bimenyesha kandi birafasha guhuza umuntu n'ibindi bibyore by’uburwayi, kuko bifatanya no gukurikirana ibyo ushobora kuba wari usanzwe ukoresha.
DRD2 / ANKK1	Taq1A A1 allele (rs1800497) — Sindromo ya Kwiragira.	Ubunini bwo mu masaha ya DRD2 = umusobanuro wa dopamine utarimwe neza buri gihe = ubushake bukomeye ku byo byose bifasha guhagarika ubu bunini. Ibirungo bitandukanye bya	Umuntu ufite allele A1 yahene y'umugenzuzi DRD2, bidashoboka ko yakwihanganira ubuzima budasize atabishinzwe no gushyiraho ibintu by’inyinagizo zirenze rimwe. Uburyo bwo guhagarika kwitonderwa ku kintu kimwe nta birebireho. Ibyiciro by'ubuziranenge bw'umuntu

		chemsex biratanga umusaruro munini wa dopamine, kandi biba byifashishijwe kugira ngo bihagarike ubu bunini neza kuruta ibindi byinshi.	bisanzuye bisaba ko bigenda mu buryo butandukanye.
DAT1 / SLC6A3	10-repeetere ya alleli ya VNTR (rs28363170)	Gukoresha ibyuma byinshi bya dopamine = gukurwaho dopamine vuba = kugabanyiriza ubushobozi bwa dopamine mu maro make = gufata neza umuti wa meth kuko uburya ibyuma bya dopamine. Ibi kandi bigaragazwa cyane ku bantu bifite ADHD — abantu bamwe bakoresha meth kugira ngo babashe gukemura ibibazo by'ADHD, kandi iki gihehemeje ni icyiciro kimwe mu buryo bwo gukora imibonano y'ubuzima.	Gukurikirana ibimenyetso byo guhuza umuntu n'uburwayi bwa ADHD ni ikintu cy'ingenzi mu kuvura abantu bagaragara bari mu kwirukanira imiryango y'ibiyobyobyo, kuko inshosha (meth) yashoboraga kuba yarajyaga kuwusobanuro ukuri w'uburwayi bwa ADHD. Kugaburira umuntu uburyo bw'imiti itagize ingaruka zivura ubuzima butuma umuntu atangiraho, bufasha guhuza neza ikibazo cy'ukutanga imiryango y'ibiyobyobyo kandi bigabanyije icyaba ari ingenzi cyatumye umuntu atangira gushaka inshosha.
SLC6A4 / 5-HTTLPR	Alleli igihinduka kirengana - kugabanuka mu mvanga z'iserotonini.	Kwiyumvisha ibyibazo byo guhura n'agahinda, umuntu ashobora kugira amahirwe yo gukoresha imirire y’ubuzima ituma yumva uko abimenyera (chemsex) biturutse ku gahinda. Iyo mirire ishobora kurema ibitekerezo byo guhura n'agahinda, kandi umuntu ashobora kuyifata nk'umuti. Abantu bafite imikorere y’ubwonotewe cyane bashobora kugira	Gukongozanya serotonin ni by'ingenzi nk'uko gukongozanya dopamine bishingiraho ku bantu bafite genotype "short/short" ya SLC6A4. Ubwoba n'agahinda yariho mbere y'ibikorwa byo guhuza abantu (chemsex) byaturutse mu mizi, bidatanga icyiciro cy'imimerere, kandi bisaba gukongozwa nk'ubuzima no mu buryo bw'ubukire.

		amahirwe yo gukoresha iyi mirire, kuko bayifata nk'aho yabongerera ibyishimiro n'ibyiyumvisha. Iyo mirire ishobora kandi gufasha abantu kwihangana no kubana n'ibitekerezo byo guhura n'agahinda.	
CYP2B6	*6/*6 umuntu utabyaza neza (rs3745274)	Metabolismu ya GHB: Abantu bafite ubushoboro buke bwo gukora ibintu bifatwa nk'ibimenyiste CYP2B6 bakwirakwiza GHB na norketamine mu marara yabo ku kigeri cyihariye. Iyo "Dissociative Logjam Risk" iturikiwe muri iki gitabo. Mu buryo bwo gukoresha imiryango, abantu bafite ubushoboro buke bwo gukora ibintu bifatwa nk'ibimenyiste CYP2B6 bashobora kugira uburwayi bwo guhojera ku GHB vuba kandi n'ubundi bakoresheje dose nke.	Ibi bimenyerezwa ni by'ingenzi ku itsinda ryabaganga rushinzuye umuntu uri mu mwemerero wo guhagarika GHB. Abantu bagaragaza ko batagira ubushobozi buhagije bwo gukora imimerere CYP2B6 bakenera dozi zisokoze z'ibarabiro rya baclofen kandi hakwiye kubera ubuvuguzi bwihariye kuko ibirabiro byaba birebwa mu mubiri.
FAAH	C385A (rs324420) — umusaruro muke wa FAAH.	Igene y'ubushakashatsi ku metabolisimwe ya endocannabinoids. Iyi gene irebwa cyane iyo ibiyobyobyo bya cannabis byari mu buryo bwo gukoresha ibiyobyobyo (cyangwa "chemsex"), kandi	Abantu bafite genotype FAAH A/A barushaho gufata anandamide, ibyo bituma bifite ubushobozi buhagije bwo kwiyubaha no gukunda abandi, kandi bigakura ku buryo umushinga w'ibintu byera (chemsex) wabaga utanga. Gukora imyitozo ndangamuntu n'imishyikirano myiza bifasha gutuma iri shyirahamwe ritera imbere. Uburyo bw'ubuhanga bwo gufata neza muri iyi nkeneri

		byoroshye, kuko bigereranywa n'ibindi bikoresho bituma umuntu yumva ubuzima (stimulants). Iyi gene kandi irebana no kuboneka kwa anandamide, ifoto ya kimwezi y'ubushakashatsi ku mikundiro no guhumeka.	burimo ibintu bitandukanye, harimo na endocannabinoid.

Icyiciro cya 3 — Ibyiciro byo Kwicuruzira Ibiyobyobye — Bihubatswe mu buryo bw'uko ushobora gukoresha ibiyobyobye bitandukanye.

IPROGRAME YA CENTURION — Amateka Atatu y'Ikurongwa, Umuntu Umwe, Gahunda Imwe Y'Ubwumvikane.

Gukongozanya guhinduka kuva mu byo gukora ubushorezi bw'imibonano butabasha kuregeranywa n'uburyo bumwe. Ibyiciro bitatu bya benshi bakenye bisaba ibyiciro bitatu byo guhinduka, buri kimwe gifite igihe cyayo, ibisanzu byo mu mwihugu, no gukoresha imiruno itanga ingabire. Ibi bihe ntibivugana – bigenda hamwe, bigobotse.

Ibijyanye n'uburyo bwo gukora: hanyuma yo guhuza ibintu byose, hatangira ku GHB (ikibazo gikomeye cyangwa ikindi), hakurikizwa inshinga y'ubuvuzi n'ibyifashisha byose, hanyuma bigatangirwaho imikorere itanga amahugururo no gukura umuntu mu buryo bw'imishyikirano.

Icyiciro 1: GHB/GBL - Ubwifuritanye Bw'ubuzima.

Niba uri gukoresha GHB/GBL inshuro eshatu cyangwa zirengeje buri munsi, iki ni ikibazo gikomeye cyo mu buzima bwawe. Ntuzigere ukeka ko ushobora guhuza ibimenyetso bya GHB wenyine. Ibyiciro byose by'ubugenzuzi bw'iyandukira ya GHB biri muri gahunda y'inyamaswa (guide) ya GHB yo mu gitabo cyo kuri iyi tariki. Imikemero ikomeye:

- Baclofen, hanyuma umuganga akurikiriza kugira ngo ugerwe buvuzi - ni igikorwa cyihariye cyane mu byo gukemura ibibazo by'ubwandu bwo muri GABA-B.
- Niba baclofen itariboneka, gukoresha porotocole y'imishinga micyene ya benzodiazepine, kandi hakurikijwe inama z'abaganga.
- Ibi bimenyetso by'umwimerere w'igeneza GABRA2 birashobora gufata umwanzuro ku gihe cyo kwirinda. Imiyimerye y'ibyorehe byoroshye ishobora gutuma ukwirindira buvuye buvuye.
- Supplement stack itangira ku munsi wa mbere: magnesium glycinate (400–600mg, bigabanye), P5P (25–50mg), 5-MTHF (400mcg), L-theanine (200–400mg, uko bikwiriye).
- Selank (inyangamugayo) mu kwitwara ubwoba byafasha mu gihe cyo kugabanyiriza imiti - nta ngaruka zo guhungwa, kandi bifite ishusho ku kubyara neza bwa GABA-B.
- Epitalon, igihe cyo gufasha umuntu gukura neza mu masaha y'umunsi no kuba afite ubuzima bushoborwe n'ubusugire.

Icyiciro cya 2: Imiti y'ubuziranenge ya Crystal Methamphetamine - Gushyira Ibihanga bya Dopamine ku Karusanamana.

Ubwundi bw'ivyo gukoresha meth butangira ahubwo n'igihe gitangiye kwitwararika ku vyakorwa mu kuvura ibintu birimwo GHB. Ntihagira ikibazo gikomeye cyo mu buzima bw'umuntu kiva mu kugorana ko guhagarika gukoresha meth, ariko "meth crash" yiba nyuma yo gukora imishinga y'ubuzimanwa mu gihe kingana, ni kimwe muri byo bishoboye gutera ibihe bibi cyane mu vyakorwa mu kuvura abandi bakoreshaga ibintu. Mwirizeho.

- Guhangana n'akaga: Protocole 01 (Ubwubatsi), kurara, kunywa amazi, kwirimbura ibyo kurya bifite isukari nyinshi igihe umunaniro uraba.
- Tyrosine (500–1000mg, agasoko, itegeke ko utayinywa n'ibiribere): ni umufunguzo wo gushinga dopamine. Tangiye kuyinywa ku munsi wa 3-5 hanyuma yo kuba warahiye neza.
- NAC (600mg abiri inshuro imwe buri munsi, yishyinzwe n'ibiryo): kugabanya imbalance ya glutamate; kugabanyiriza ubushake.
- Uridine + DHA + CDP-Choline (Imibonere y'ubwonotewe bw'ubuhanga): Gushobora kwiyongera ku bice bya DRD2, kandi bituma ubwonotewe bw'amaraso bugira uko buvuka.
- Gukora imyitozwa bitangira vuba kuko bigomba. BDNF ni ibisignali bifasha gukurikiza ibibazo byo kwangirika kwa axons z'amashashi ya dopamine, byatewe no kunywa meth.
- Semax (inyangamugayo): Kuvuza ubushobozi bwa BDNF no kubyuka bw'ubwonotewe mu buriri bw'imashini; ibimenyetso byo guhagarara umutwe nyuma y'ibyumweru byo gukora imibonano yo kwiyumbuza bifitanye ishingiro na ririya ngingo.
- BPC-157: yigarura imikorere ya dopamin ubwo itakiri uko, mu byiciro by'ubushakashatsi.

Igitabo cya 3: Mephedrone na Cathinones - Gushyira Ibihanga bya Serotonine ku Buhake.

Ibiribano bya mephedrone na cathinone bifite imikorere nk'iy'ibiribano vya cocaine (guhindura ibintu bitatu bironzwe) kandi bigira umukoroni wa serotonin ukomeye, nk'ubwa MDMA. Uwo mukoroni wa serotonin ni mwiza cyane mu kuvura abantu bafashijwe no gukoresha imiti mu byo kwishakamo inshuti kuko iyo mephedrone yatumaga abantu bumva ko bari mu buryo bw'ubuzima, kandi uwo mubumvugo wari uvuye ku gufunga serotonin.

- 5-HTP (50–100mg, amasaha y'ijoro): umufunguro ushobora gufasha mu gukora serotoniini—umufunguro ukomeye cyane ku buntu butuma umuntu atagira imimerere myiza kandi adashobora kwifusha n'abandi nyuma yo gukoresha mephedrone.

- 5-MTHF (400–1000 mcg, amasaha ya mu gitondo): ifungiro ryiza ku myitwiramwo; ibyo twavuze harimbwe ntibishobora kureka.
- Inositol (4–12g, bitse mu ma repas): kugabanya ububasha bw'iseberezwa ya serotonini; bifatanyije neza mu kwivanga no guhagarika ibyifuzo by'umutekano mu gihe cyo gukira mephedrone.
- Omega-3, bifite umwanya wa EPA (2–4g buri munsi): ifasha mu byo guhumeka no kurwanya ibyorezo byangiza ubwonotewe.
- Niba MDMA yakoreshwaga burundu, ukuyoyoka bishobora kuba bikabi cyane - keraho ibyumvugizi byo guheruka gukora imibonero mu gihe kirengereye (kuva ku minsi 6 kugeza kuri 8) mbere yo kwitega ko ubwumvikane bwiza buzongera; 5-HTP n'amahiti ni ibikoresho bya mbere.

Igihe cy'inyandiko y'ivura umugongo hagati ya ibindi bimenyeshwa.

Timeline	GHB / GBL track.	Ntabwo ndumva neza icyo ushaka kuvuga. Ushobora kubinyereka?	Ntabwo ndumva.
Ibagi 0-72.	URINDI: Baclofen cyangwa porotokoli ya benzo. Gukurikirana. Amabwiriza yo kwirinda uruvange. Iyi ni ikiguzi gihamye muri iyi ntara - ibindi byose bifatwa nyuma.	Igirira. Kurara. Kwangara kw'izindi. Ntuzigere kubyirengagiza. Umubiri urashaka kuruhuka. Munywe amazi. Shyiraho ibyo ushobora.	Igorane n'agahinda. Byemerewe. Umusaruro ni umuti.
Amarembo 3-7.	Ibi bimenyerezwa: * Ibihererezo by'ubuvumbuzi birashobora kugira ingaruka mbi kandi bikwiye gukurikirizwa n'umuganga. * Usabwa guhagarika ubu buryo bw'ubuhanga kandi usabwe kubona umuganga cyangwa umwarimu w'ibimenyiste. * Ibi bimenyerezwa birashobora kugira ingaruka mbi kandi bikwiye gukurikirizwa n'umuganga. * Usabwa guhagarika ubu buryo bw'ubuhanga	Depression cyane no kubona ibyishimo. Iyi ni igihe gikomeye ku bagize abantu bakoresha meth. Protocole 01. Hamwe na serivisi zo gufasha. Hatangire tyrosine na NAC, hanyuma gukora iyo umuntu yariye.	Igihe cyo gukomera no guhagarara mu mibonire y'umutuzo n'ubwoba. Gutangira umuti wa 5-HTP. Ubufasha bwo kwongerera serotonin. Umurimo wo kutagira ibyiyumvo ni uko umubiri urashinzwe kongera imbaraga.

	kandi usabwe kubona umuganga cyangwa umwarimu w'ibimenyiste. Gukemura ibibazo: * Ibi bimenyerezwa birashobora kugira ingaruka mbi kandi bikwiye gukurikirizwa n'umuganga. * Usabwa guhagarika ubu buryo bw'ubuhanga kandi usabwe kubona umuganga cyangwa umwarimu w'ibimenyiste. * Ibi bimenyerezwa birashobora kugira ingaruka mbi kandi bikwiye gukurikirizwa n'umuganga. * Usabwa guhagarika ubu buryo bw'ubuhanga kandi usabwe kubona umuganga cyangwa umwarimu w'ibimenyiste. Ubwundi: * Ibi bimenyerezwa birashobora kugira ingaruka mbi kandi bikwiye gukurikirizwa n'umuganga. * Usabwa guhagarika ubu buryo bw'ubuhanga kandi usabwe kubona umuganga cyangwa umwarimu w'ibimenyiste. * Ibi bimenyerezwa birashobora kugira ingaruka mbi kandi bikwiye gukurikirizwa n'umuganga. * Usabwa guhagarika ubu buryo bw'ubuhanga kandi usabwe kubona umuganga cyangwa umwarimu w'ibimenyiste. Ibi bimenyerezwa birashobora kugira		

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Ibwihebe 1-4.	Gukomeza kugabanyiriza igiciro cy'ubutware bwa GHB, kandi hakurikijwe inama z'umuganga.	Anhedoniya yorohereye. Imyitozwa yatangiye—ibigomba gukorwa, bidatanga amahirwe.	Ibyiyumvire by'umutima bigenda kubera neza buhoro

	Kuganira ku byakoreshwa bifasha mu kuvura (supplements). Selank yifashishwa buri munsi kugira ngo hagabanuke ubwoba. Iburiro rigenda gushinga vuba, binyuze muri Epitalon. Gukora ibishoboka kugira ngo ama receptors ya GABA abe ahagije.	NAC na "Brain Stack" zikoreshwaganzwe. Uruhumyo ruronzwe rukomeza kuba uruhinga rw'ubushakashatsi bw'ibyifuzo byo guhuza ibiyobyobya n'imibonano.	buhoro. Gutandagira mu mahanga bishobora kureba nk'ikintu gikomeye - ubushake bwo gukorana n'abandi, bitewe n'uburyo umwihuzi uhinduka, bwaba bumaze guhagarara. 5-HTP na inositol. Gutangira kongera kwitabirana n'abandi buhoro buhoro.
Kwinshi cya mbere kugeza icumi.	GHB yashoboraga kuba irangiye cyangwa iri mu byiciro bidasigaye. Umusaruro wa GABA uronzwe ugereranijwe. Ibihumbi by'ibimenyanyo (PAWS) - ibimenyanyo by'ubwoba - bisaba gukoresha umuvudiko w'umuhondo 4-7-8 no gukoresha Selank.	Ubunyamune bwa DRD2 bugenda kuza, kandi byagaragazwe. Abantu batangaza ko bumva ibyishimiro by'ukuri. Ubushake bw'ubwenge bugenda kubera neza. Gusumba (sexual response) bugiye kugaruka - bishobora kuba bingorwa n'uko bitangira mu buryo butunganye.	Ubushakire bw'isera bugaruka buvuyeho. Uruhwiro rwo guhura n'abandi bugaruka buvuyeho, hanyuma y'igihe. Umwete w'urukumbuzi uwo mephedrone yateraga utangira kugaragara – mu buryo butaziguye, kandi igihe gihagije – mu byamamare by'ukwemera.
Kwinshi ya 3-12.	Ibyiciro byo guhagarika GHB byaragombwa, kandi byakozwe neza. Uburyo bw'umubiri bwo gukora GABA buvuye mu marimbe, bigenda gusubira uko bisanzwe, binyuze mu kuvuga neza no kuririmba. Ibihumbi by'ibimenyanyo (PAWS) biragabanuka.	Ibirungo by'adrenalini bifite uko bisanzwe cyangwa hafi yo kuba mu rwego rwa "baseline". Uruhwuka rwo gukunda umuntu, ruhindutseho. Iyo mvura y'ibimenyetso (yari hasi) iratangira kwinangana. Urwego rwo guhamagaza rwahagarikiwe, kandi urubungabunga rw'ishyaka hagati ya meth na sex rugenda rukomera.	Iyo serotoni yari irimo amaze kugera ku mwimerere yayo yo mu buryo bw'umuntu. Ubwiza bwo kwigarurira abandi, utaratanzwe n'ifunguro, bugiye kuba byoroshye. Ubushake bwo gukomera no guhura n'abantu, kenshi byatanzwaga na mephedrone,

			bushobora kuboneka mu mibonerezo y'ukuri.

Ingingo ya 4 — Gushyira Ibihanga hamwe mu buryo bumwe.

Ibyo byongerwa ku isoko y'imiti yo gufasha mu kwirinda no kuvuka inyuma ya "chemsex" bigabanya ibice bitandukanye vy'inyishu zivuye ku ngingo zirebana n'imyanda itandukanye, nk'iyo GHB, methamphetamine, n'iyitwa cocaine/mephedrone. Integuro: gufasha mu gihe cyo gushira imbere ubwonko bw'umuntu (GABA-B), no kurenga ibindi bimenyweho gutanga umusaruro (dopamine synthesis na D2 density), ndetse no kugera ku byo gutanga serotonin (mephedrone/MDMA). Bityo, bigeraho kandi bigashira ingero z'ubuzima bw'umuntu.

4.1 — Ishoramari ry'ubutanga bwa kimero (Methylation) — Ibigomba gukurikiranwa mu byiciro byose.

Supplement	**Idoze.**	**Amatora.**	**Niba ushaka kumenya ibintu by'ingenzi kuvuka mu cyaha cyo gukora imibonera, dore bimwe:** * **Guhagarika imibonera bishobora kuba ingororamana.** * **Ubukane bw'imibonera bushobora kugira ingaruka mbi ku buzima bwa kimuntu.** * **Ibihanga by'ubuzima bifite uburambe mu kuvura abantu bavuye mu cyaha.** **Niba ushaka kumenya ibindi, ushobora kwifashisha urubuga [findahelpline.com].**
5-MTHF (L-methylfolate)	400–1000 mcg buri munsi.	Ijoro ryiza n'ifunguro.	Ibyiciro by'iyi raporo yigaragaza ko amaviridi ya MTHFR atuma umuntu afatwa n'uburwayi bwo mu maraso (HIV) kubera ibibazo by'umuhuha. 5-MTHF ifasha gukemura iki kibazo - itanga ubushake ku muhuha ku rwego rwa cellule - kandi bigezeho, itanga na serivisi zo gufasha umwanya w'ubwonko kugira ngo bifashe mu byo gutunganya ibimenyinya. Mu gihe umuntu yifuza gukira uburwayi bwo mu maraso (HIV) biturutse ku ngeso

			mbi, iyi supplement ni cyiza cyane kuko ifasha guhagarika no gufata neza ibintu bibiri: uko umuntu afatwa n'uburwayi bwo mu maraso ndetse n'ibimenyinya byo mu mwanya w'ubwonko.
Methylcobalamin (B12)	1000–2000 mcg mu buryo bwo gukoresha.	Mwaramutse.	Igihe gihurijwe na 5-MTHF. Kugira ingaruka zirenze imwe ku mubiri (dopamine, serotonin, GABA) bitera isoko y'ubushake bwa kimyemerere, kandi byohereza ibindi bisigazwa mu ngingo z'umwani (B12) kugira ngo bikore neza. Iyi dosire itanga umuti mu buryo bw'inyuma ya gatondo kugira ngo ifashe cyane. Ifasha gushimangira imyanya y'amazi y'umwijima, ibintu by'ingenzi ku bipimo by'ubwonotsi bituruka ku kimera cya meth.
P5P (B6 ifite ubushobozi).	25–50mg	Mwaramutse.	Ibyo bitanga bifatanya mu gukora: * Gukora GABA (mu byakoreshwa nk'ibiyobyobye bijyanye n'ubwonka), dopamine (mu byakoreshwa nk'ibiyobyobye bijyanye na meth), no gutunganya serotonin (mu byakoreshwa nk'ibiyobyobye bijyanye n'impehedrone). * Ibyo bitanga bifatwa nk'ingingo zishyirwamwo, kandi bisaba gukoreshwa mu buryo bukomeye mu gihe umuntu avuka mu bikorwa bya "chemsex".
Magnesium glycinate.	400-600mg y'umwimerere.	Mugihe cy'igitondo n'amajyepfo.	Igi gice cy'umubiri gikomeye, kigomba gufatwa mu gihe kandi bigihe byombi: kugushyira muri gahunda y’ubuzima ya GABA-B (mu ishami rya GHB) no gukora neza umwanya wa NMDA / kugabanyiriza ubangivu (mu ishami ryo kwisubira inama ya meth). kandi, bifasha n'imihugo. Ibi bintu bibuzwa mu gihe cyo gutanga ibindi bituma imihugo itagera ku mwari. Tangiye ku munsi wa 1.

4.2 — Ibiranga by'umutungo hamwe n'ibindi bituma ibinyampeke gukora neza.

Supplement	Idoze.	Amatora.	Igisigama gikuru.	Notes
L-Tyrosine.	500–2000mg	AM, ntibyoroshye guhagarika kunywa ibinyobwa.	Amameta / dopamini.	Hari ukuntu utangira umunsi wa 3-5 ubwo uri kuvura neza. Iyi poroteyine ni imyemerero y'dopamine - ifasha gukemura ikibazo gikomeye cyo gufata meth. Keraho protein kuko ituma iyi poroteyine igera aho ifite ingaruka.
NAC	600–1200mg abiri inshuro imwe ku munsi.	Mugihe cy'igitondo n'amajyepfo, hamwe n'ibiribwa.	Birenganzira byose.	Kwiyongera kw'umutungo wa glutamate bifite ikigomba ku byiciro bitatu. Tangiye ku munsi wa 1. Hari ibimenyetso bigaragaza ko bishobora kugabanyiriza ubushake mu byiciro bitandukanye by'ibiyobyobu. Bifasha kandi gutunganya umutwe w'inyamaswa.
Uridine + DHA + CDP-Choline (Imyirondiro byo kwita ku ubwonko).	250mg UMP + 1g DHA + 250mg CDP-choline	Mwaramutse neza.	Amameta / dopamini.	Ubwiyongera bwa resipitere z'umwiharuro D1 na D2 - ubuhindutse bw'ubuzima bw'inyamaswa y'dopamine, byatumijwe n'imyanda ya meth. Ibi ni icyiciro kirekire - bisaba ibyumweru cyangwa amezi, ariko ni inzindi zifite ibisobanuro bingana ku rwego rwo gukwirakwizanya

				mu kuvuza resipitere.
5-HTP	50–100mg	Mugoroba, iminota 30 mbere yo kujya kwiruka.	Mephedrone / MDMA / serotonine	Ibyo bitanga ibintu byera - bifasha guhuza ibindi bitatu bituma amaserotoni agabanuka (mephadrone + MDMA + umubiri wose). Bibyumba mu kuvura imimerere y'umutima no kuruhuka. Aha niho gutangira kurekuruzwa kw'imikundano n'abandi.
L-Theanine	200–400mg	Hagombwa gufasha buri mugoroba, inshuro 2-3.	GHB / ubangivu	Imyemererane itangaza ububabaro kandi irenga imikorere y'inyamaswa NMDA. Itanga umusaruro utera ubugizi. Icyo cyaba ngombwa cyane mu gihe cy'ubwa mbere kigoye cyane ku bagize urwego rwa GHB. Ni ifunguzo nyabiboneka yo gufasha igogorera GABA mu buryo butagendanye n'imiti, kandi by'umwihariko mu gihe cy'ibanze.
Taurin.	1-2g buri munsi.	N'ibyo kurya.	GHB / GABA	Ubushakashatsi ku byo gukoresha: * Kugabanya imimerere y'amara (GABA); * Kugumizaho neza ahantu hagati habyumba by’ubwonotewe; * Kugumizaho neza umutwe. Ibi bishobora kuba bifite akamaro ku bagize abakoresha GBL, kuko igikorosi

				cyabo gihagarariye ikintu gikorerwa n'ibindi. Tangiye kubikoresha nyuma yo gutangira kugabanyiriza umwanda wa GHB, ntukwitindire mu gihe hariho ingero z’ubuvuzi.
Inositol.	4–12g (shwira uko bikwiye)	Imyumba y’ibiryo.	Mephedrone / serotonine	Uruhwuzi rwa serotonin; kugabanyiriza ubwoba; ibimenyetso by'ubushake bwo gukora akaga. Ibi bintu bifite ikigomba cyane mu bushake bw'ibiyobyobye butuma umuntu abangikana, kandi ubusanzwe bugaragara mu gihe umuntu avuyeho.
Omega-3 EPA + DHA	2-4g buri munsi.	N'ibiryo, mu gitondo.	Birenganzira byose.	Afasha kurwanya indwara zivurira ubwonko; ifasha mu gukora neza ibyo bitubutsubu bita BDNF; bifasha mu byo gufata imyanzuro (bifite umusaruro mwinshi wa EPA); bifasha kubungabunga amashanyarazi y'amakirondo kugira ngo abashe koroherwa (DHA). Bifasha gukemura ibibazo byose bituruka ku bahanini bitatu birimo.
Champignon ya Lion's Mane.	500–1000mg	Mwaramutse.	Imiti y'ubusiribisi / ubwumvikana.	Stimulation ya NGF na BDNF. Iyi ivugutisha ingaruka za meth ku maseserekere byoroheye ubwonko (neuroplasticity). Kugorana no

				gutuma ubwonko gukora neza - umujinya wo mu mutwe ushobora guterwa n'imyirondiro ya meth, kandi ni kimwe muri byo byatumiza ibibazo by'ubwonko mu kuvura abantu bafite ikizambi.

4.3 — Ibuye y'amapepide.

Peptide	Imikorere mu byiciro bitandukanye by'imibonero y'ubuzima.	Igisigama gikuru.	Notes
BPC-157	Kuregwa kw'amaraso ya dopamine na serotonin; gukora neza ibintu byitwaga GABA-B; kurinda umutwe n'igogo; kugabanya ibyotsinze; kubungabunga imyanda.	Ibikorwa byose — gukoresha imiti y'ubuziranenge.	Ibyiciro by'amapirimidini bifite imikorere myiza cyane mu kuvura ibyaha by'ibiyobyobye, kuko bishobora gufasha mu kugabanya dopamine (meth), serotonin (mephedrone), GABA-B (GHB), kandi no gushakira umubiri uburyo bwo kubanza gutuma imyanda itangirwaho ibiyobyobye. Uwinshi w'ibyo byiciro ntibishobora gufasha mu kugabanya ibintu bitandukanye byose birimo muri iyo myanda. * Tangiye kuvura ku munsi wa 1 w'umwaka ushize kuko ugiye gukurikiza gahunda y'ubuvuzi. * Ushobora gufata ibyo byiciro mu buryo bw'inyama cyangwa ukabishyira hasi y'uruhu.
Selank	Imiti ituma umuntu agira ubwoba, ikoresha GABA na serotonine; irenga ibyorezo kandi	GHB na mephedrone zifashwa hamwe.	Peptide ikomeye cyane itanga umuti ku bintu bitera ubwoba, kandi ifasha mu byo gutunganya GABA (ubwo bwoko bwa "GHB") n'ibindi

	ntigendere ku kwinangira; ifite ishusho y'ubuzima bw'abantu bari mu byorezo bya GHB no guhagarika serotonin n'imiti ya mephedrone.		bitera ubwoba bijyanye no gukora serotone (ubwo bwoko bwa "mephedrone/MDMA"). Itanga umuti kandi ntitangaze. Iyongerwa mu maso. Ikoreshwa buri munsi mu gihe cy'ibanze.
Ntabwo ndumva.	Uruhare rwa BDNF na NGF; gukwirakwizwa, kubuzanya no guhindura imyitwarire; kugabanyiriza dopamine; ubuhanga bwo kwongera imbaraga z'ubwenge.	Meth track — ubumenyi.	Ubwihangane bwo gukoresha imiti y'ubusore (meth) mu cyumba cy'ibintu by'imishikano bigira ingaruka zirenze uko, kandi zikaba mbi. Semax ifasha guhindura ibintu bifatwa nk'ibisubizo ku myirondoro ya BDNF itangwa n'imiti y'ubusore (meth), kandi ifasha umwanya w'ubwonko usanzwe kugira ngo ufate neza, bituma umuntu ashobora kwifata neza mu gihe cyo guhinduka. Bikorwa mu buryo bwo gukwirakwizwa mu maso. [Amaterani ya 1]
Epitalon	Ibuyike bwa poromokazi; inzira ya pineal; gushyiraho umwanzuro w'amasaha.	GHB - kurara	Ibyiciro by'umunsi byo gufata ibirungo bituma umubiri utera ubwoba (GHB) bigateza ikigeru cy'amasaha y'umunsi. Ibirungo bitwa Epitalon bifasha mu kuvura inshira z'ibice by'ubwonotewe, kandi igihe ushaka guhagarika gufata ibirugo bituma umubiri utera ubwoba (GHB), uwo mushinga ufasha kugabanyiriza ingaruka z'ibyiciro by'umunsi. Ibyiciro 4-6 mbere.

Icyiciro cya 5 - Ubuzima Bw'imibereho no Gukira.

IGIHUZAMWO CYA "THE CENTURION" - UBUBURWAYI BW'IMYITWARIZE BIVUGWA KO IBINDI BIBAREBAGA N'UMWITAWARIZE WA "CHEMSEX".

Umugani w'ibindi byangiza umubiri mu cyiciro iyi rishinzwe usanzwe ufite igice gishushanya ubuzima bw'imihango, kikaba kigufiheye cyangwa gikigaragaza gato. Iki gitabo ku "chemsex" ntikwigomba kwifashisha uburyo bwo. Uburyo umuntu yagiraga imibonero byari icyiciro gikuru cyubatsweho inshyikirahamwe ry'ibyanga bitandukanye. Gukira "chemsex" ni uko gukira amarozi, akangwa, n'imihango—ntikugire ubusa ko dusuzuma neza ibyo kuvuga ku byo gutega imibonero.

Iyi gahata yafashijwe cyane n'ibitekerezo byavuyemo mu Porotokole ya 35S (amaporoitoke agereranyije abantu babi) kandi no muri Voliyumu ya V, mu ishami ryibanze ku kubanza ibyaha by’ubuzimire.

5.1 — Ibiherezo byuzuye ku bushakashatsi bw'ubuzima butunganye bwo mu maro.

IGIHUGURO - Ibihari byo Kwihutisha.

Mbere y'ibindi byose mu gikorwa cyo gufasha abantu kwirinda ibyaha by'ubusambanyi, hari uburebure bw'isuzuma medikali. Izi dosiye ntizihombora kandi zigomba gukorwa mu minsi itanu ya mbere yo guhira, bidatanga igihe cyangwa uko umuntu yumva.

- Ibuvuzi bwa HIV: Ibyiciro bitatu by'ubuvuzi bwerekana ibimenyetso n'imibonero. Niba hari icyabaye gishobora gutanga urwanda, kandi igihe kigizeho, hatangirwe ubuvuzi bwo guhagarika virus (PEP). Niba umuntu yabonetse ko afite HIV: hamwe na none, muganire n'umuganga ushoboye mu kuvura HIV. Kuvura kiriho, gifatanya neza kandi kigufasha kubaho ubuzima bwimbitse no gukora imibonano yubuzima. U=U ni ukuri.
- Ibiryo by'uburwayi:
  * Gonorrhea (amagarasi y'umutwe, amagarasi agabanuka, akanyoni)
  * Chlamydia (ahantu hamwe na gonorrhea)
  * Syphilis (ibizamini by'amaraso)
  * Herpes (ibizamini by'amaraso, hanyuma yo gushakira ibimenyetso)
  * Hepatitis C (hanyuma y'imyaka myinshi yo gufunga imiryango)
  * Hepatitis B (ibizamini by'amaraso n'uburyo bw'inyanga zifashishwa)
- Ubwicurane bw'uburwayi bwa Hepatitis B, mu gihe udahuye n'igitandukomakuru: amadosi atatu ahereye ku bushake biguha ubwishingiro bw'igihe irenga.

- Ububare bw'umuti ku mpunguke z'amazi (HPV), uwaba ufite ubushake (kugera ku myaka 45 mu mirongo myinshi): bwigabanyiriza cyane ibyago byo gufata kanseri ituruka ku mpunguke z'amazi.
- Ubwicurane bw'umutwaro wa mpox, mu gihe atari ufite ubudahata kandi uri mu gace gifite ibihembo bya mpox: urukingo rwa Jynneos ruzaba rufite dosi ebyiri. Umutwaro wa mpox uravugwa mu buryo bukomeye mu mibereho y'ubucuti aho ushobora kuba hari "chemsex".
- Ibihumbi by'imibonerezo y'amaraso (CBC) mu gihe cy'agranulocytosis iturikiwe na levamisole, kandi iyo cocaine yari muri iyi ntambara.
- Ibihumbi byo gukurikiriza imyemerere y'umubiri: kugena uko amagufwa na hepati zikora - bifite ikiguzi ku bagize abakoresha GBL (uburyo bwo guhindura mu mubiri) kandi kuri babose bakeka ibindi bitabaza.
- Gusuzuma bwa moya: Iyo umuntu yakoreshaga ibiyobyobye byinshi cyane (meth na mephedrone), hakorwe ipereereza ry'amashanyarazi y'umubiri (ECG). Hakomeze gukurikira ubushyuhe bw'amaraso.

Ibijyanye no gutanga ibimenyetso by'ubuzima bw'imibonano mu gihe cyo gukira: hakwiye kuba hari igihe cyo gutanga ibimenyetso buri myakakinaga rimwe mu mwaka wa mbere. Igihe kingana cyo gutanga ibimenyetso kigomba kuba kinini, kandi bigomba gufatwa nk'impuzandehankano. Gutanga ibimenyetso si ukugira umuntu icyaha; ahubwo ni uko umuntu yitaye ku buzima bwe.

5.2 — Ibihanga by'Ubukomunikazi n'Ubuziranenge.

THE CENTURION — Ibyavugwa mu mwimerere yitwa "Igitabo cy'ubumenyi" ni iki: "Ubwiryane mu bigo."

Ubwumwe bw'ibintu bitandukanye buvuga iby'icyo gituma abantu benshi bari mu mwuka wo guhuza: "Aho abatari bake bari mu mwuka wo guhuza, ubwa mbere bahawe umubiri wabo batacyunyutse, nta cyo bisubiye. Iburimbu buri nshuro, igikoma kigaragara, buri gahunda y'ubuzima bwite, byose byari bigenewe kugira ngo bihagarurwe no kwiyumvisha. Umwihangiro ntirwarushijeho uburyo bwo gukemura ibintu by’amahembe – uburemere, ukuntu umuntu atinya, imimerere y'imibonero ituma abantu babana – icyo gituma nta cyaba hagati y'abantu bombi. Ibi ntibiba ikimenyetso cy'ikibi. Ni ibyago by’ubumenyi.'

Mu gutabara abantu bagaragara mu byo gukora imibonano y'ubusambanyi bifatanyije no kunywa ibiyobyobye, iyi ikibazo kikaba kirenze ibindi bigereraho. Ibi birobyo bibyo ntibyagombaga kuba ari nabyo bituma abantu bakorera imibonano, ahubwo byari ngombwa kugira ngo imibonano itangire. Umwihuzi w'umuntu ntiyigeze yigirira uburyo bwo gukora imibonano adafite ibiyobyobye mu mubiri kuko nta gihe cyarahawe umuntu kugira ngo akore imibonano atifuje ibiyobyobye.

Ibyo bisobanura ku kurira: Umwimerere w'ubuzima nyaburane wa mbere nyuma y'umushinga wo gukora imibonera (chemsex) ni icyiciro cy'impamvu zishya. Si uguhamagaza uwo mwimerere w'ubuzimye usanzwe ufite. Ku bantu benshi bari mu iriya ntego yo kurira, nta yari ifite umwimerere w'ubuzima nyaburane usanzwe -

uru rwego rwo gukora imibonera rwashinze ku myaka ya mbere y'iterambere ry'imibonero.

5.3 — Ibiranga by’umwihano.

THE CENTURION — Umwaka utuma umuntu yumva ko yishize burundu, kandi ntibyo.

Ibyivugo bivuga ku "flatline": "Amasaha yo gukira atangira, abatari bake bumva uko ibyifuzo byariho birakomeza. Ntihagira uburyo bwo kwigarurira umuntu. Ntihagira gahunda. Ntihagira icyumvikana cyangwa se kugirana imishyengoro ya buri hantu." Mu gihe cyo gukira ku bahanini, "flatline" ni ikintu gikomeye - kuko ubwonko bw'umuntu butanga dopamine na serotonin byari bishinzwe gutuma umuntu yumva uburyo bwo kugirana imishyengoro myinshi, kandi ubu ibyo ntibishoborwa, kandi ubwonko bw'umuntu bwafunze buri buryo bwo kwigarurira umuntu kuko byari byatunganyijwe cyane.

Ibyimenyuresho by'umuntu ushataye.	Ntabwo nzi.	Ntamenye ibyo ushaka gukora.
Kwanga kw'umubiri - kutagira ubushake bw'ibitekerezo cyangwa icyizere.	Ubushobozi bwa dopamine n'ubwohwa bwahindutse; inzira z'ubwonorezo zigenda zijya mu mwanya, zitakaza ubushake bwazo ku bisigazwa by'imbaraga zirenze izera; umwihano urungana ukongera ubuziranenge ku mpungudugu zo guhuza n'ibintu by'umwimerere, ibintu byari yarahinduwe n'imyaka y'ubusabane bw'ibirungo.	Iyo umuntu afite ibibazo, ntakwirundire, ntukore uburemere, ntukongere igikoresho. Iyi ni imyaka, si urubanza. Kurwanya ikibazo bisaba gushyira ingufu ku byo bituma umuntu agumana neza: kuruhuka, gukora imyitozo, kwitera ibyo atanga, no guhura n'abandi. Iyi myinota y'akare kizasubira uko bwari. Igihe cy'iyi myinota gitandukanye: hagati ya 1 na 3 meses ku bahanini bakoresha cocaine cyangwa abakorera ibintu by'ibiyobyobye; hagati ya 3 na 6 meses cyangwa zirengeye kubantu bahora bakoresha MDMA.
Imibonano yo mu buryo bw'ubuzima butaziguye ishobora kuba itangaza, itunguranye, cyangwa bikaba bigoye gufatanya.	Umwihangira wamenye ko ubushake bwo gukora imibonano ni nk'uburyo umuntu yifashisha kugira ngo agire ibiyobyobyo. Ibi birobyo ntibisanzwe. Uburyo bw'umwihangira bugikeneye igikoresho cyajyaga kigishyiza mu byaha. Umugongo w'ubushake bwo gukora	Amakuru y'ubuzane bw'umwiharuro: * Hatangira no gushyikirana ibimenyetso by'ubuzane bidatanga ubushake (gukorerana massage, guhagararana, kwicurumbuka). * Kugabanamo uko wiyongera ku bintu bitanga uburoropoto,

	imibonano ushoborwa, ariko utaratangwa.	nta ntambwe zikozwe mu buryo butunguranye. * Ibyaha by'ubuzane bigenda bisanzwa—ishoro y’umwarimu ishobora kuba ngombwa.
Kugira ngo arebe niba umwanzuro ushobora gukoreshwa.	Kureba filime z'ubuziranenge kugira ngo urebere niba ubushake bwawe buhagaze, cyangwa kureba uko umuviri wawe udasanzwe ukora, bituma wigaragaza impunguru mu buryo bw'umuntu ushobora gukira akoresheje amahoro. Iyo buri mvugaruko ugeraho, urangiza gutanga umwanya wo guhagarara.	Rehaga ibizamini. Ibyo kurema ibizamini ni ikibazo, bidatanga umuti ku kibazo gikomeye. Uruhumeka rwa nyuma rw'inyifasi ry'ibizamini ni iryo rituma umuntu atagira ubushake bwo gukora imibonera y'ubuzima. Ibyavugwa mu mwimerere bisobanura: "Dushobore kuganira ntihabe." Amagararano yo gusubira ku bushake bw'imibonera y'ubuzima atanga umuti, ntabwo birashoboka ko byakoreshwa buri kanya.

5.4 — Kubaka Ubuziranenge mu Buzima Bwa Kiganira.

THE CENTURION — Kumenya Ibyo Ntihabwa Amashuri — Gushyira Hamwe Mu Mana Itoranyijwe.

Ibyivugo bigaragaza ko: "Kwihanganira no gukora ibintu by'ubuzima byari bisanzwe, kandi byakozwaga mu buryo bwo guhuza abantu, ubu bisaba gutangirwa ukundi. Uburyo bw'ubuzanehamwe butuma umuntu atagira ubwoba – kugira icyizere ku mubiri we, kwihanganira kuba ushobora kubonwa, no gukomeza aho urimo n’igihe igitekerezo cy’ibintu kigoye – byatayeho. Gukira si ukubona uko wari ugiye. Ni gutangirira mu buryo bushya."

Umwanzuro w'akazi ku bushobozi bwo kurenga imibonerezo y'ubuzima butunganye mu kwiyongera kuri ruswa (chemsex) no kugira ubuzima bwiza.

- Kwinshi cy'ibyumweru 1-3 (igihe cyo gukomera): nta ngingo yo guhangana n'imikundiro. Shyira ingero ku kwiyubagisha mu buzima butabuzwemo imikundiro — gusobanuka, kugira ubumvu, kuba hafi y'abagufitiye icyizere. Umwijega w'umutwe urungana ko amagara ashobora kuba hafi atangaje ibimenyetso by'imikundiro. Ibi ni ubwenge bw'ubwonko bugenda butera imbere, bidatanga umuti.
- Ku kwezi ya gatatu ukomezayo (ubwo ubushake bwa burundu butangira kugaruka): hatangire amakomere make, afite ingaruka nke, mu byo kwishimisha. Ntihagombwa kuba ibikorwa by'ibyumweru bya benshi, bifatanya, nk'ibyari biherutse gukorerwa n'imyerekero y'ubusambanyi - icyo cyaba ngirwama, kizasubira mu buryo butandukanye, kandi kikagendera ku

ishingiro ry'umutekano. Hatangire ibintu umwihari wawe ushobora kwifuzwa utabyazana ingaruka mbi.

- Ibyaha by'ubusanamu: Abantu benshi bari mu kwirinda gufunga umukiro (chemsex), cyane abayifashijwe no gushyira ibintu mu maro kugira ngo babashe kubona ubuzima bw'imibonano, kandi batabishoboraga bagenze neza, bashobora kumenya ko igihe bavuye muri iyo ntambara, icyaha cyaba kirageranye. Ibi bidashyira kuri we umuntu ufite uburyo bwo gukunda, ahubwo bisobanura ko icyaha cyari gikomeye mbere y'uko abinyuzwa n'umukiro, kandi kikenera guhindurwa mu buryo bwihariye. Ubuvuguzi bufatanya na LGBTQ+ ni umwanda uhagije wo gukora iyi mvuga.
- Ibi bimenyebweho:

  * Iyo umuntu yamenye ko afite HIV, cyangwa akaba amaze igihe arebye, umurimo wo gufasha umuntu gukira mu by'ubuzimungu buhoraho urimo kwigisha uko umuntu ashobora kwihangana imimerere ye no kumenya ibintu bituma abona amahirwe yo kubaho.
  * Uburyo bwo kugira ngo umuntu abeho neza n’uko amenya ko iyo itoroshye ry'indwara y'ubuvuzi (antiretroviral therapy) rituma indwara itagera mu maraso, umuntu atazongera kuba afite uburwayi.
  * Ibi byose bigenda bitanga amahirwe ku muntu, kuko biramurinda guhura n’ibyago by'indwara zivumbuka.
- Monogamie, imigendane y'ubuzima butari monogamie, no mu mahanga: Ibihe by'umutungo bishobora kubera ahandi hose mu buryo bw'imikundiro n'imibonano (ama-apuri, ibindi bituma abantu bahura, amakuru y’abantu). Kwivuka kw'inzara ntikugomba kuba ku mugendane w'ubuzima butari monogamie cyangwa kureka imikorere itandukanye y'imibonano. Kugira ngo umuntu avuke, akwiye kugira uburyo bwihariye bwo gushyira mu gaciro icyo aricyo cyose cy’umugendane w'ubuzima n'imikorere y'imibonano ituma yumva ko ari we. Hariho ama-group y'abantu ba queer, amakuru y'abantu bafite imibonano, n'ahaho hose abantu bakwivuka aho usanga abantu bagaragaza uburyo bwabo (LGBTQ+).

Icyiciro cya 6 - Gukurira no Kugemura Ubuzima mu Iterambere.

IBYITWARI BYA CENTURION – Protocole ya 42 yishyizwe mu bikorwa – Umusaruro w'ibyifashishwa byirinda ibyorezo ku muntu uri mu kwiyubaka nyuma yo gukoresha imiti.

Ibyivugo bya Protokoliyo ya 42 mu igitabo gikuruigiha (compendium) biratanga ishusho y'uburyo bwose bukoreshwa mu kwirinda no gukurikiriza indwara ya HIV. Iyi ngingo yigisha uko iyi gahunda yakozwa neza, cyane cyane mu buryo bwo gufasha abantu bajyaga muri "chemsex".

6.1 — Iyo udatanga indwara ya VIH.

- PrEP (Ubwifashisha bw'umunsi ushize): Niba udatanga PrEP kandi wari gukoresha imibonero y'ubushake (chemsex), fatanaga PrEP mbere yo gutanga ubushake bushoboka. Ibyavandimwe bivuga ko iyi porogrami ni "Umusebwa wo kwirinda kugira ingaruka." Truvada na Descovy (zigurishwa buri munsi) ndetse na Apretude (igice gishya, gitangwa rimwe mu minsi ibiri), zifite ubushake bwinshi cyane (kuva kuri 99%) zo kwirinda gufatwa n'ubwirorbye bw'umuntu (HIV) igihe zitangirwa neza. Ziba zihabwa na muganga wawe, mu kivuga-makuru cyo gukora ibishoboka ku buzima bwa buri muntu, cyangwa se mu serivisi y’abagira uburorbye bw'umuntu (HIV).
- PEP (Ubwifasha Nyuma y'agapfa: ni ukwegereza umuntu ukennye mu buryo bwo gukuriraho HIV - hatangira PEP mu itariki ya 72. Ni gahunda igihe fite iminsi 28. Gutangiza vuba = kugira ingaruka nyinshi. Mubaze ku bitabo by'ubuvuzi bya cyane cyane ibigo byo kwivuza no guhuza abantu.
- Gukora ibizamini bya HIV uko ari bwinshi: buri myakiro itatu mu gihe uri mu bisaruro. Ibyamini bya 4-generation bishobora kumenyesha ko ufite HIV amaze iminsi 18–45 nyuma yo gushinga. "Igihe cy'ibanze" (window period) y'ibyabimini bitazanye bitoranyijwe si igihe cy'ibanze cy'ibyamini byakajya mu myaka.
- Kugorana kuri Hepatite C: Niba gukoresha imiti mu ndiro (gukora "slamming") yari umwe muri byo byatumye ukora "chemsex" - koherezwa ku bamenyesheji ba Hepatite C buri myakubiri. Hepatite C ishoborwa. Imirire itanga umuti ituma umuntu guhura neza mu minsi 8-12 muri myinshi y'abantu. Kuganira n'abaganga no kwivuza si ikintu gikomeye. Ikibazo ni ukugira iyo ndwara utarakimenya.

6.2 — Iyo Ufite Virus Ituma Guveroka (HIV)

Umwanzuro w'inyandiko: "Umuntu ufite HIV kandi viruse ze zivunjwe ntikwigaragara, atazigera atanga indwara. Viruse ziriho ariko zitakwirakwizwa." U=U si igihegura cyo kwirinda indwara. Ni ukuri kigaragazwa n'ibikorwa bya

PARTNER na PARTNER2 bifatiye ku muryango myiza w'abantu bagaragaza ko batandukanye, mu gihe cy'imyaka.

- Niba watsinzwe mudasobwa, hamagare umuganga ushinzwe guhuza abantu bazwiwe icyorezo cy'ubuzima (HIV) cyangwa ikigo gishinzwe kuvura HIV mu gihe gito. Gutangiza ivirwaro vuba nyuma yo kwumva ko ufite HIV bishyushya. Ivirwaro ni umuti umwe ushanduka buri munsi ku bantu benshi. Abantu benshi bavuyeho uburwaya bazwiwe icyorezo cy'ubuzima (HIV) bashobora kubaho neza.
- Niba wari usanzwe ufite uburwayi bwa VIH kandi uri mu butabera: hamwe na muganga, gukurikiza inama ze kugira ngo wirengerewe.
  * Hamwe na muganga, kureba ko viruse itarongoye mbere yo gutangira ubuzimurimo bw'ubwojana utifashishije uburyo bwinshi bwo kwirinda.
  * Niba viruse iracyongoye, ni ikibazo gikomeye cyangwa ikibazo gihagaze.
  * Reba n'umuganga wawe w’uburwayi bwa VIH kumenya impamvu viruse itarongoye kandi uko wayifashamo.
- Chemsex na kunyomera ku mirongo y'ibiti: Chemsex irenga imirimo yo gukora neza ya mirongo y'ibiti cyane. Kwitira ibiti bya mirongo y'ibiti, ndetse no mu gihe gitoroshye, bituma umubiri utanga ibimenyetso by'indwara (viral rebound). Niba chemsex irenga imirimo yawe yo kunyoma mirongo y'ibiti, ni ikiganiro gikomeye ugomba kugirana n'umuganga wawe ushobora kukwereka amayeri atandukanye, harimo ibiti byo guhumya (long-acting injectables) bifasha (Cabenuva, biguhuma rimwe na rimwe cyangwa burimwe).
- Ubuzima bwa ruhondo n'agakinge: Gusobanurirwa ko ufite agakinge mu gihe uri mu byiciro byo guhagarika imibonera y'umutuzo (chemsex) bituma umuntu yumva ibitekerezo by'ubwa, ubwoba no kurira. Ibi bikeneye ubufasha. Gusobanurirwa n'abaganga bazirikana abantu ba LGBTQ+ ni icyiciro cyo kwakira uwo mugore. Abatari bake barwayi ba HIV bavuga ko gukorera neza umubiri (treatment) no kuvuga ko "U=U" (Umuntu ufite agakinge, ubuzima bwe bwiza, ntiyagira icyo atanga) byatandukanye imibonano ye n'ibyago bifitemo. Ibyo ni ibintu bituma umuntu yumva ameze neza kandi bigihari.

Icyiciro cya 7 — Inyifato y'Ubwizi mu Gikorwa cy'Imibonano — Kumenya no Kugabanya.

IGIHUTI - Ukubabara ni ku buzima bwose, ntaho ku burongozi bwa mudoka umwe.

Uruhwuka rwo gukoresha imiti mu byo guhura (chemsex) rufite ubuzima butandukanye n'uruhwuka rwo gukoresha kimwe gusa, kuko icyaba cy’uruhwuka si umuti – ahubwo ni ibyerekezo. Uruhwuka rutagira ngo rukore ku muti runaka nk'umuti wa meth, GHB, cyangwa mephedrone, ahubwo rukora ku mwimerere yose yo mu byo guhura: imbaraga zo guhura, ubushake bwo gukora ibintu bitunguranye, uburyozanyi bw'imishyano, ubwumvikane, no kuba umuntu yumva ko afite aho agiye.

Ibi bishobora gutuma umuntu agira ubushake bwinshi, kandi ubusenge bwinshi bw'ibintu by’umwiharuro butagira ibindi bituma. Bushobora guturuka ku kuba umuntu yishimye (ubushake bwo gukundana = bushake bwo gufata ibiyobyobyo). Bushobora no kuturuka ku kuba umuntu arwaye (ubushake bwo kugira abamufasha). Bushobora kandi guturuka kuri porogaramu cyangwa platformi. Bushobora no guturuka ku munsi w'icyumweru. Bushobora guturuka ku mibereho (ubushake bwo kwisubiramo). Bushobora no guturuka ku bandi bantu umuntu afite mu buzima bwe. Bushobora kandi guturuka ku byo umuntu akumbuye.

Imibare ituma umuntu agira ubushake bwo gukora "chemsex".

Ntabwo numva.	Ibyo umutima usabye.	Ntabwo numva.
Ubworoherane bwa seksi – uburyo bushobora gutangira ahandi.	Uburaya bwo mu mutwe bugiye kumenya ko ubushyuhe bw'imibonano butuma gufata imiryango, kandi iyo umuntu yishyuha, uburya bugira akamenyero ko gukwirakwiza ibintu byatuma umuntu agendere ku miryango. Ibyifuzo ni ukugera ku mwimerere y'ibindi byose byari birimo ubushyuhe bw'imbonano.	Ubwine w'ubusore ni by'ukuri. Iyo myitwarire y'ubucuti (chemsex) ishobora kuba ingaruka z'ibintu byakabaye, ariko si ngombwa. Gukora imyitozo bishobora kubuza iyi myitwarire. Kugirana n'umuntu ufite ubumenyi bw'agakingo. Ubuwine buzahagarara kandi bidatanga ubushake bwo gukoresha ibintu by'ubucuti kugira ngo bugendere. Iyo "flatline" yashobora kuvuga ko iyi mpamvu itariho mu gihe cy'iyongera ya mbere – iyo isa nk'aho izaba, ibisobanuro (interrupts) biba ngombwa.

Applications n'ama platform y'igitsegero.	Ibyiciro by'amafilasi nk'ibya Grindr, BBRT n'andi, byari umu buryo bw'ingenzi bwo kugera ku miterere y'ubucuti bugamije gufatanya mu bikorwa byo gukoresha imiti. Ibyiciro bya filasi bihoraho ni ibintu bifatanyije - interface, amafoto, no kwitega byose bigerageza urwego rw'imikoro yo gukoresha imiti.	Guhagarika burundu ibikoresho by'umusebe mu minsi ijana mirongo ine yo kwihangana (90). Ibi ntibiba kuvomeza, ahubwo ni guhindura ibisanzwe (Protocol 05) nk'imiti. Niba ibikoresho by'umusebe bizongerwa mu gihe cy'inyuma, bidatanga hamwe n'igihe umuntu aba avuye muri "chemsex".
Ku mugoroba wo ku Gatanu/ku Cyumweru.	Uburiri bugize ubwonko bwashyizwe mu buryo bw'uko bitegerezwa ko hazaba umwanzuro wo gukoresha imiti y’ubuvumbuzi (chemsex) mu gihe cyumvikanye, urwo rwego ruzatangiza ishyino ry'ukunywesha kuva aho kenshi, ndetse no nyuma y'amezi mensi yo guhagarika iyo mvandimwe.	Rurondere isabukuru ya buri Cyumagatu na buri Gataturo mu ibyumweru bitandatu mbere yo gukira, ukoreshe impinduka z'imikundiro itanga umusaruro kandi zigora. Igihe cyo gufata umwanzuro (craving) gisuzugurwa n'ibindi bisigaye mu gihe. Ntihagire igisabukuru gitunganywe, kandi ntuzindure ko ubushake bwawe buzajya buguhemba.
Ubwiza bw'ubuzima n'izindi ntambwe zifasha.	Ubwiyumvire bwo gukomera no guhura n'abandi, byatanzwe na "chemsex", byari bumwe mu byatanga impamvu zikomeye. Iburangabu burebure burangwa neza igihe umuntu yumva uburyo bw'uguhangana n'ibyo buryo, kandi biba byoroshye kuko bigira icyo bitanga.	Iburanisha. Iburanisha rero. Umuryango w'abantu bakoresha imiti mu buryo bwo gukora ubushobozi (chemsex) yatumye abantu bumvaga ko bari bifuje, kandi umuryango wo guhuza abantu (recovery community) atuma abantu bumva uko. Ahazwi n’amasoko y’abantu batavuga rumarwa (LGBTQ+) kandi ahagira ubufasha bw'ubuhanga, amatsinda ya "twelve-step" agenderwaho ku bantu babiweho (Crystal Meth Anonymous, SMART Recovery), cyangwa amareshya ashyirahamwe atanga ubuvuguzi mu buryo buhoraho, ntibyo bikenera ko umuntu yivanga mu by'ubuzima.
Ubwiza bw'umurimo, kwirukanwa, cyangwa ibyorezo.	Uburyo umutungo wa "chemsex" utanga, uwo mwariro ushobora gufasha mu gihe cy'inzigo zikomeye, bishobora gutuma urwego rwa buri byago rushobora gushingiza ubushake bw'uko wakira iyo mvura.	Protocole ya 01 (Ubwubatsi) mu gihe cy'inzara yihuta. Umushinga wo gukora imyitozo y'amabere. Gusobanurwa n'umuganga. Ubwumvikane bw'ingenzi: guhuza no kwihangana inzara ahaho kurenga. Imishingano yo gusuzuma ituma umuntu kugira

		ubwoba bwinshi mu gihe cy'inzara ni imishingano y'igihe kirekire yo gukemura iyi mpamvu.
Aba bantu bavuka mu cyiciro cy'ibintu by'ubusore n'ubuzima.	Aba bantu bamwe bavuka mu cyiciro cy'abakoresha imiti y’ubuvuzi mu buryo butunganye (chemsex) bashobora kuba intambwe z'ingenzi - bagera ku mwihariko wose. Gutumira kwabo, kubona abantu babi kuri sosiyale, cyangwa kubahura mu mujyi ashobora gutuma umuntu yumva ubushake bukabije butaziguye.	Ibyiciro by'amafirime no guhagarika abantu ku mbuga nkoranyamagambo ni ingamba z'umutekano, si ububangivu. Idirishya rya 08 (uburyo bwo gushyira hamwe) bufata icyerekezo cyo guhindura buri buryo bw'ishyirahamwe kuko ubuvumbuzi bwa "chemsex" bugenera. Imikundiro myinshi ituruka mu itsinda ry'abantu bakoresha "chemsex" ishobora kuguma, ariko mu buzima bushoborwe, igihe gito - kandi cyane cyane, ubu buryo bw'imikundiro butashoboka mu gihe cy'ubuvumbuzi bwa mbere kuko byangiza umuntu.

IBIRANGA BY'UMUTI (CHEMSEX) - UBURYO BWO GUHAGARIKA UBUSHAKE, AMASAHA 5.

1. DUHURA ne icyorezo. Ntihagire kuvuga ngo "Nshaka gukoresha." Ni iki cyo umuntu ashaka kugera? Ibyo byumvikana, nk'ubushake bwo guhura n'imimerere y'ibintu? Uburyo bwo kwiyumvisha? Kwiruka? Ubuzima bw'imyitwarire? Gutanga no gukira imimerere y'abantu? Gusobanura uburoroke bw'icyorezo burushaho guhinduza icyerekezo, kuko bituma umuntu atagombwa ko akangurwa, ahubwo agomba kwifasha kugera ku byo ashaka.
2. 1. Sorta muri porogaramu cyangwa ikibanza gikoreraho imirimo. Niba uri kuri app yo gushakira abantu bakoranye (dating app) cyangwa se uri mu rwego rwo guhagarara, vuyemo burundu. Niba uri wenyine mu rugo ku mugoroba wo ku wa Gatanu, shinjire aho ukora ibindi. Kugenda ahandi, hose, ni ukoheraho.
3. UBWIGUTI BWA 4-7-8: MUKORA IBIVUGUTA BIYANDUGA KUVA IMINOTA MINE. Uruhumye rwo gushaka ibintu byo guhuza (chemsex) rufite zimwe mu mpamvu zivuga mu bwonko zigenda hamwe. Iminota itanu, si iminota ine, kugira ngo ushobore kwihanganisha neza no kubyaza umutuzo.
4. Twara NAC, L-THEANINE, na MAGNESIYUM. Uburyo bw'ibimenyiste by'ubwonotewe bugateza uburyo bwo gushaka bufite umugongo wa biyokimikano ushobora kurekuzwa mu buryo buhagije. Ibi ni ibinyanga bitatu bifatanya cyane muri iyi ntambwe y'ibimenyiste by'ubwonotewe.
5. CONTACT — MU BYITWARIHO BY'UMURYANGO WABO KWIRUKANA. Nta umuntu ushobora gufasha mu byo gukira ivandimwe, ntabwo ari umukozi w'ubuzima cyangwa umuntu utamenya urwego rwawe ku kurwanya izindi

bibazo. Ibi bishobora kuba Crystal Meth Anonymous, umukozi ufite ubumenyi bw'ubuzima butunganye, umukozi ushobora gufasha mu kwirukana, cyangwa umuganga ufite ubushobozi bwo kumenesha abantu bakoresha ibiyobyobyo.

6. Gukora imyitozo yoroshye, kunywa amazi meza, gukora ibintu by’ubugingo, no kwitabira imikino. Umutwe w'umuntu ufite ubushake bwinshi bugereranyije n'ibyo umuntu yakwirakwiza akoresheje imiryango, ukeneye igisubizo cyo guhuza nawo.
7. Ni iki cyateye iyi ntambwe? Ni irihe nyura yari igiye gushyiraho? Icyo wakoze ni iki? Uburyo umutima wawe wagombaga kugira ubuzima bwinshi bwagendeye ate? Nyuma y'ibyumweru bitatu, aya makuru azagaragaza uko umutima wawe ugenda, ibintu byatuma wigendere, no nyura ziba zikwiye gushyirwaho, mu buryo butazashoborwa n'umuntu utari we.

Icyiciro cya 8 — Umuryango, Ibyumvikirwa, n'Ubwusobanuro bw'Ubukundisha.

IBIHEHE - Ubuhanga bwo guhinduka ntibugomba kuregera ko usohoka mu muryango wawe - ahubwo bugomba kugutunga ubugingo bushya mu murandani.

Iby'ingenzi cyane mu kuvura abantu bakoresha imiti mu buryo bwo gukorera imibonano (chemsex) ni iki: umuvugizi wo gufana imiti (chemsex scene) yatangiraga ubwumwe nyakuri, uburyo bw'ubuzima nyakuri, uburyo bw'ibanze yo kwerekana icyerekezo cy'imibonano, n'ubufashanye bw'abagenzi. Kuguhagarika imiti kandi utagutangaho ibindi byatuma umuntu yumva ko afite abantu bakorera hamwe bitanga akamenyero - kandi uwo mwumvno yo gukomera ari wo muhango uhindura umuntu mu buryo buhoraho.

Gukira guhingwa n'imiti mu byo gushinga akanyirarabiro ntibyorohereza gusubira mu muryango w'abantu bavuga ko ari abagabo, abakobwa, cyangwa abafite ibindi bimenyebwe. Ntabwo bisaba kuba umuntu utagishinga. Ntabwo bisaba kureka uburyo bw'ubuzimungu n'ibikorwa by'ubusanamu yari afite mbere yo gutangira guhingwa n'imiti mu byo gushinga akanyirarabiro. Bisaba kwubaka umuryango mushya utubahiriza ubuzima, ushobora kurenga ibyo chemsex yashyagaho – uburyo bwo kugirana urukundo, no guhura n'abandi, uburyo bw'ubusanamu, n'uburenganzira bwo kuba umuntu w'umutekano. Ibi byose bigomba gushyirwaho mu buryo butemerera imiti.

Gushinga rwo guhuza abantu b'umuryango wa LGBTQ+ bazamuka.

- Crystal Meth Anonymous (CMA): Ibigo bikubiyeho abantu b'umugore n'abagabo bazwiye bifite ikibazo cy'amagi, kandi bigoranye mu mijyi mikuru. Uburyo bw'imyirondoro y'abantu benshi mu byiciro by'imikundiro bituma bagira ubumenyi bugezweho butatanzwe n'ibigo by’ubuvandimwe bwo guhagararira abantu bose.
- Ibikorwa byo gufasha abantu kwirinda intyibugambi (SMART Recovery) afite ibigo by'abantu b'umubiri mwenegeye (LGBTQ+): ni inzira itandukanye n'iy'amamariko atanu, kandi hari imitunganyaga myinshi yitezerejwe yohererekanywa ku bantu b'umubiri mwenegeye.
- Serivisi zo gufasha z’umwiharuro w'ibintu by'ubusore: mu Bwongereza, imiryango myinshi yishinzwe ubuzima bw'ubusore n'iyanga ry'igituntunya (HIV) inyuranye igira serivisi zijyanye no gufasha abantu bakoresha ibintu. Mu Bushirika, imiryango nk'iyo ya San Francisco AIDS Foundation, CALLEN-LORDE Community Health Center (i New York), n'imwe myinshi yishinzwe gukwirakwizwa ry'igituntunya (HIV) igira gahunda zo gufasha abantu ku bijyanye no gukoresha ibintu. Umuganga ufite ubumenyi bwiyanduye ku byo gukoresha ibintu ndetse ukorerana n'umuntu ni we umufasha cyane muri iyi ngendo yo kwirinda.

- Ibi bikorwa by'umunyarwanda bitanga amahirwe: ibikorwa by'amahuriro y'abantu b'igitsina n'ibindi, amatara atifashishije ibiyobyobye, ibirori byo kwizihiza umugisha mu muryango w'abagabo n'abagore, amakuru y'imikino y'umunyarwanda, imiryango y'abantu, no gufasha.
  Ubwumwe bw'umuryango ntibugomba kuba ku bahanuka - ariko uwo mwumvugo utifashishije ibiyobyobye ugombye gushingwa neza kuko udasanzwe nk'uwifashishije ibiyobyobye.
- Umuryango w'abarekurira ibiyobyobye nk'ekiyaro gikomeye: abantu benshi bari mu byiciro byo guhagarika gukoresha ibiyobyobye, bashaka umubano nyakuri n'abandi bantu bamenya neza no kwihanganira. Ubumenyi bwimbitse - ku byo ibiyobyobye byumvikanaga, icyo byagombaga, n'ibyo gutuma ubuzima buge kandi bugire ishingiro - bitanga uburyo bw'ubwese butazashoborwa n'abakoresha ibiyobyobye cyangwa ahantu hose hagamijwe guhagarika gukoresha ibiyobyobye.

Ibyibazo by'ubuziranenge.

THE CENTURION — Uburyo waba ni ibintu bitandukanye n'ibyo wagakoze.

Mu gihe umuntu avuka ku cyaha cyo gukoresha imiryango mu by'ubusore n'ubugore, hari igihe haba ikibazo cy'ubuzima bw'umuntu: "Niba ntari umuntu usanzwe yitabiraga ibikorwa by'ubusore n'ubugore, ni nde?" Abantu bamwe bose babaye abasore n'abagore mu gihe cy'ubusore n'ubugore bw'imiryango, kwitaba amahoro ntibuvuze icyerekezo cy'ubusore n'ubugore - ahubwo bisaba kuvuga icyerekezo.

Ibyavuga ko gufata umuntu mu buryo bwo kumufasha gukira: guhinduka si ukwivanga. Iburangamimerere by'umubiri - nk'uko umuntu yitwa, niba umugabo, umugore, cyangwa undi - ntibishobora kuba ibintu by’agakiza (chemsex). Gutunga umuntu mu muryango ntibishobora kuba ibiyobyavyo. Ubwenge bwo "umutware" bwifuje ibiyobyavyo bituma bumva ubuzima, kandi ubu buhenge, imbaraga, n'ubushake bwo gukora ibintu by'agaciro - ntibishobore kuba ibiyobyavyo. Ibi ni ibimenyetso by'umuntu yari afite mbere yo gutangira gufata ibiyobyavyo, kandi bibimaraho kubera ko umuntu ashobora kubyubaka ku bintu bitandukanye n'uko atanga amahoro (session).

Ubuvuguzi ni umwihariko wo gushinga ubuzima bwa buri muntu n'imikundiro, ituma umuntu atagombwa gufata ibintu bitamutunga kugira ngo abeho neza. Uwo mwihariko ushobora gutwara imyaka myinshi. Si ukugira ngo ugire icyo uhenda ku byo uri. Ahubwo, ni ukumenya uburyo waba uri, nta bintu bitamutunga bigushinja.

Icyiciro cya 9 — Kugira Umenye Neza Ibihuriweho mu Iterambere: Urwego Bw'Inama Zawe.

Guhangana n'ikibazo cyo gukoresha imiti mu buryoboke (chemsex) ni inzindi nyinshi zifite ibisabwa byinshi. Imiyito yihariye itanga amakuru ahagije ku buri kimwe muri iyi gahunda. Ubu buryo bufatanya kugira ngo bikorane neza.

Igihe.	Protocole.	Umwizirikagurisha w'ibintu by’umwimerere.	Ndahinduka uko ngenda gukura.
Ubwiza bw'ubuzima (ku munsi ya 0-7).	GHB guide (Ingero y'Ubusobanuro ya 3); Umuganga; Ikigo cyo kwivuza ku bijyanye no kubona abana.	Gusubiruka ku byo gutwara ibiyobyobye (GHB); ibizamini byo kwipima no kumenya iyo ufite indwara ya VIH cyangwa izindi ndwara zo mu buryoba; gukoresha imiti yo guhoza amahane (PEP) igihe bisanzwe bikorwa; gutangiza uburyo bwo kugira ingeso y'ubuzima butuma utagira indwara ya VIH (PrEP).	Iminota 72 ya mbere igomba gushyirwaho gahunda y'ubuvuzi kugira ngo hagendere ku kubanza kwitwara neza ubwonko bw'umuntu ufite ibibazo byo guhuha GHB. Ibyindi byose biguruka nyuma yo kwitabwaho no kurwanya ibihombo bidasanzwe mu buzima. Kuganirira ku ngeso z'ubuzimye (HIV) n'izindi ndwara zo mu maraso ni ikintu gitanga umutekano kandi bisaba gukorwa mu minsi ya mbere.
Isoko y'ubuzima (umunsi wa 1-14).	Protocolo za 07, 09, 17, 18; Ibirungo by'inyongera byumvikanye (Icyiciro cya 4).	Inyubaki eshatu z'ibyongera; ibiryo; umwanda; kuruhuka; maginezyum - Umunsi wa 1.	NAC n'amagerageza ku munsi wa mbere - bigeraho ibikorwa bitatu mw’igihe gito. Tyrosine itangira ku munsi wa gatatu kugeza ku wa gatanu. 5-HTP itangira ku munsi wa mbere (umugoroba). Ibihinagurura byose byo mu buryo bw'ibindi bitabo bitatu birashyirwa hamwe mu minsi ibiri ya mbere.
Ibyiciro by'imihindagurikire y'ikoranabuhanga n'ubuhanga, no guhindura ibintu bituma hatangwa	Protocolo ya 05, Protocolo ya 08.	Guhagarika amapikeji; guhindura ibikorwa bya sosiyete; gukuraho ibisiganzo; gushakira no kwita ku bantu bakoresha imiti.	Amapikeza agomba gukurikizwa mu masaha ya mbere ya 24. Si uko byagenda kose. Uburyo bwo gushyira hamwe mu birori by'imibonano y'ubuzima (chemsex) bushobora kugaragazwa cyane ku platforme z'amakuru, bityo ko guhindura ibintu bisaba kugira icyerekezo gikomeye kuri iyi nshuti ya numvikanwa. Ibi byose bigoye abantu benshi bari mu rwego rwo

umbwiri (umunsi wa 1-30).			gukomera ku birori by'imibonano y'ubuzima (chemsex).
Ibigize ibimenyiste by'ubuzima (ibyumvikan wa kuva ku cyumweru cya 1 kugera ku cyumweru cya 4).	Icyiciro cya 15 (Ubwirondor ere), Icyiciro cya 2 cy'iyi gahanda.	COMT, GABRA2, MTHFR, DRD2, SLC6A4, CYP2B6	GABRA2 y'ibiciye bibura ni umushinga ukomeye cyane ku itsinda ryabaganga mu kuvurira abantu bagize ibyago byo gufata GHB. COMT Val/Val ibisobanura uburyo bw'ubushoborero bwo gukora imishinga. Ibihe by'MTHFR bisobanura ko 5-MTHF ari ingenzi. SLC6A4 short/short ibisobanura urwego rwa serotonin, kandi rwagaragaza ko hakwiye kubanzirizwa ingabire yihariye yo gufasha abantu bagize ibyago byo gufata mephedrone.
Ubuzima bwa Sexuale no Gukurira Ibihaha (Kugikomeza).	Protocole ya 42 (Ubwumvika nye bwo gukurwaho guhumeka); Icyiciro cya 5 na 6 cyo muri iri butare; Umurenge w'ubuzima.	Kugumana n'ubuziranenge bw'imiti ya PrEP cyangwa ya ART; gukora ibizamini byo kwipima indwara ziterwa na bacteria (STI) buri ce ntibitarondorereye; kubaka ubuziranenge mu buvanganzo butubahiriza amategeko; guhuza neza imikundiro.	Ibyiciro byo gushakira no kwirinda indwara ziterwa n'imibonano bisobomana mu gihe cyose cyo gufata ibyayo - si icyiciro gishoboramo gusa, ahubwo ni uko bigomba kuba umuco. Kuganiriza ku by’indwara ziterwa n’imibonano buri ce ntirikagira, kwitera inkangu (PrEP) cyangwa kunywesha imiti (ART) kugira ngo bitazwi, no kubaka bukane ubushobozi bwo gukora imibonano mu buzima busanzwe ni ibintu by'ubuzima bwose, si ibyo gukorera mu gihe cyo gufata ibyayo gusa.
Ubunganizi bw'Umuryan go (Iminsi ya 2-12)	Protocolo ya 04, Protocolo ya 08, Protocolo ya 16; Umuyobozi W'Ihuriro cyangwa umwanya we.	Umuryango w'abagabo n'abagore benshi (LGBTQ+) baziranye; ubushakashatsi ku byo gutanga amahugurwa ku birebana no gukoresha imiryango y’umutungo mu buryo butunganye; umubano w'ubuvandimtwaro.	Umuryango w'abantu ushobora kwaguka kuva mu bikorwa bya "chemsex" - ntukwagezeho umuryango mubi cyangwa uwitandara, ahubwo hagombayemo umuryango mushya utanga ubwumvikane n'uruhare, ariko utifite ibiyobyobye. Ibi ni ikigo gikomeye cyane mu gihe gito kandi bigomba kugira uruhare runini mu kuzamura imibereho myiza ya buri wese.
Ibyiciro by'imishakir o ku buryo bw'ubuzima	Protocol 20, 21, 35S series; Iterambere	Gusobanura ibyerezo by'ubuzima, gukemura agahinda;	Protocole ya 35S, ushizwe mu Gitabo cy'Icyiciro cya Karindwi (Volume VII) bwa Compendium ikuru, itanga amahugururo yimbitse

(ukwezi kwa 2-12).	ry'ubuzima bw'abantu b’umugore n'abagabo (LGBTQ+).	guhuza ubuzimungu n'ubuziranenge; "flatline" no kugira icyo bitanga.	agenderwaho muri iri koranabuhanga. Umuganga ufite ubumenyi bwihariye kandi uhamye abantu ba LGBTQ+ kandi ufite ubunarozwe mu by'ubuzima (chemsex) ni umuntu w'ingaruka cyane muri iyi ntangiriro.
Imigambi y'igihe kirekire (amezi 6 n'ahagera).	Protocolo ya 24, 25, C-28, C-31; Protocolo ya 35S.d.	Ibuyobozi bw'umuhanguriro; intego; ubuzima bushoborwe bwose mu byo gukora, guhuza, no kwitegura.	Umuntu ushatse kubaka ubuzima bwe nyuma y'ibintu byitwa "chemsex" - akaba afite umuryango mwiza, ubushobozi bwo gukora imibonano adafite ibiyobyobye, uburyo buhagije bw'imikundiro ushoboye kubona nk'umutwe w'intwari, ubuzima bwe mu by’ubuzima butuma atwara HIV, kandi afite byose byakozwe kugira ngo abone ubuzima buzwi - ni umuntu utandukanye cyane n'uwari yaraje ku ruguti rwa mbere rw'iyi poroje. Iyi poroje yanditswe hashingiwe kuri uwo muntu.

Ijambo ryiza.

THE CENTURION - Umuryango, Ubwiyunge, no Gukora Ibyo Bikorwa neza - Byari byaba koko. Ukwegera kuri ibyo ntibyoroshye kandi bidatanga umuti.

Ibyo byanditswe bigamije abantu ba J.P., A.C., J.S., G.F., na C.O. – abo yagiye kubera ko batabayeho kugira ngo babwirwe ko ibyatumaga bakoresha izo mvura bidatewe n'ubukoroni, ahubwo ni imiterere yabo. Mu kwivanga mu byo gutumika izo mvura, iyi gahunda ifite ikigero gihagije: igihe cy'icyorezo cyatungiye amahirwe ya LGBTQ+ muri 1980 na 1990, cyateye abantu guhura n'ibikorwa by’umutima byatumye umubiri wese utangira kwigana. Izo mvura zikoreshwaga mu buryo bwihariye mu mahanga ya kera zidatangiye zitagize icyo zifite. Zaje mu gihe cy'akavunane, agahinda, ibyaha, n'ubushake bwinshi buturutse ku mutima.

Recovery Kernel ntakubwira ko ugomba gushimira kuba waborohowe cyangwa ukarenga icyo imiryango yari ikugiraho. Iyo myanya yari iguhitamo ibintu by'impamvu, nk'umuryango, uburyo bwo kwiyunganirana, ubwumvikane, uburemere bw'ubuzima, no kuba ufise intege zikomeye kandi ukurikijwe mu isi yari yaravuze ko umuryango wawe ari intibugabo n'icyiciro cy'abantu batagombwa.

Ibyo Recovery Kernel iguhitamo ni ukugutanga amahirwe yo gufata ibintu by'impamvu byose kandi ukayabona nta ntwaro zivangira. Ko ubwumvikane buhari mu muryango utari ufite intwaro. Ko imishyikirano buri hantu, mu buzima butunganye. Ko ubushake bwinshi buhari, mu buryo bw'imibonera y'umuntu ukomeraho, kandi ntibugombwa ko ukoresha intwaro. Ko uburemerezo mu bya zina buhari – neza cyane, umutekano usobanutse, kandi buri gihe – mu buzima bwo gukundana utari ufite intwaro, bugendanye n'ibyaba ari byo ukuri ku birebwa.

Uburyo bw'ivanga bwa "chemsex" yari umushinga. Ni inzira itunganyije kandi ifite gahunda yo gukora imirimo yo guhuza ibintu bitandukanye kugira ngo byongere amagaramo agereraho. Iyo umuntu avuka, ahindura uwo mushinga akaba ari ugusumba inyubako ebyiri zikizamurwa kugira ngo byongere ayo magaramu—mu buryo butatuma igice cy'umwani gishobora guhagarara, kitazangiza igice cy'umwani gitwara impungye, kandi kitazangiza umubiri.

Ibyivugo byakozwe n'umuyobozi w'ubwenge (architect). Byaguhatwa nk'ibitekerezo by'ubugeni. Icyumba cyo kizaba akaze, kandi ni wowe uzagishora.

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Crystal Meth Anonymous (CMA): crystalmeth.org | SAMHSA: 1-800-662-4357
Never Use Alone: 1-800-484-3731 | RAINN: 1-800-656-4673 | LGBTQ+ Crisis: The Trevor Project: 1-866-488-7386

Ikeraho: Gahunda ururimi rukoreshwa.

AMAHEREREZO:
1. **Mwirukire gusa ishusho yanditswe. Ntihagombwa kwonerera, ibitekerezo, amasanamu cyangwa ibyiyumvikanaga.**

2. Ntihagombwa kohereza andi mategeko ataravuyemo. Ntihagombwa gutanga inama, imishinga cyangwa amateganya.
3. Ntihagombwa kohereza numero z'amaterani iyo umwandiko utarahagarikiyeho.
4. IMIZINGA ZITUMAZE - kopya neza, ntihagombwa kuzituma: Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranzeho imyubahiro yose: amabwiriza, amanota, ama tabeli, ibururi.
6. Iyo umwandiko wari mu Kinyarwanda, kopya neza.
7. Gukoresha Kinyarwanda gusa. Ntihagombwa kuvyeyo n'andi mivugo iyo umwandiko utarahagarikiyeho.
8. Ibyo gutanga ubuvuzi: ntihagombwa kugabanyiriza, ntihagombwa kwifuzwa, ntihagombwa gukora iyi gahunda, guhunga ubuvuzi si ikibazo.

Ikeraho: Gahunda ururimi rukoreshwa.

AMAHEREREZO:
1. Mwirukire gusa ishusho yanditswe. Ntihagombwa kwonerera, ibitekerezo, amasanamu cyangwa ibyiyumvikanaga.
2. Ntihagombwa kohereza andi mategeko ataravuyemo. Ntihagombwa gutanga inama, imishinga cyangwa amateganya.
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8. Ibyo gutanga ubuvuzi: ntihagombwa kugabanyiriza, ntihagombwa kwifuzwa, ntihagombwa gukora iyi gahunda, guhunga ubuvuzi si ikibazo.

Ikeraho: Gahunda ururimi rukoreshwa.

AMAHEREREZO:
1. Mwirukire gusa ishusho yanditswe. Ntihagombwa kwonerera, ibitekerezo, amasanamu cyangwa ibyiyumvikanaga.
2. Ntihagombwa kohereza andi mategeko ataravuyemo. Ntihagombwa gutanga inama, imishinga cyangwa amateganya.
3. Ntihagombwa kohereza numero z'amaterani iyo umwandiko utarahagarikiyeho.
4. IMIZINGA ZITUMAZE - kopya neza, ntihagombwa kuzituma: Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranzeho imyubahiro yose: amabwiriza, amanota, ama tabeli, ibururi.
6. Iyo umwandiko wari mu Kinyarwanda, kopya neza.
7. Gukoresha Kinyarwanda gusa. Ntihagombwa kuvyeyo n'andi mivugo iyo umwandiko utarahagarikiyeho.
8. Ibyo gutanga ubuvuzi: ntihagombwa kugabanyiriza, ntihagombwa kwifuzwa, ntihagombwa gukora iyi gahunda, guhunga ubuvuzi si ikibazo.

Ikeraho: Gahunda ururimi rukoreshwa.

AMAHEREREZO:
1. Mwirukire gusa ishusho yanditswe. Ntihagombwa kwonerera, ibitekerezo, amasanamu cyangwa ibyiyumvikanaga.
2. Ntihagombwa kohereza andi mategeko ataravuyemo. Ntihagombwa gutanga inama, imishinga cyangwa amateganya.
3. Ntihagombwa kohereza numero z'amaterani iyo umwandiko utarahagarikiyeho.
4. IMIZINGA ZITUMAZE - kopya neza, ntihagombwa kuzituma:

Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com
5. Haranzeho imyubahiro yose: amabwiriza, amanota, ama tabeli, ibururi.
6. Iyo umwandiko wari mu Kinyarwanda, kopya neza.
7. Gukoresha Kinyarwanda gusa. Ntihagombwa kuvyeyo n'andi mivugo iyo umwandiko utarahagarikiyeho.
8. Ibyo gutanga ubuvuzi: ntihagombwa kugabanyiriza, ntihagombwa kwifuzwa, ntihagombwa gukora iyi gahunda, guhunga ubuvuzi si ikibazo.

Ikeraho: Gahunda ururimi rukoreshwa.

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Soma amahirwe yose agaragazwa mu "Recovery Kernel Complete Centurion Compendium" kugira ngo ubone amabwiriza akubwiye.

⚠ AMAKWIRA YO GUSHYIRAHAMBA - NTIBIGENZURA IBIVUGWA BYA BAGANJWE.

Ibindi ry'ubuzima nyuma yo gukora imibonano y'ibyaha (chemsex) n’amakarita agufasha: Inyandiko igaragaza ibintu byumvikana ku bushomerwa.